

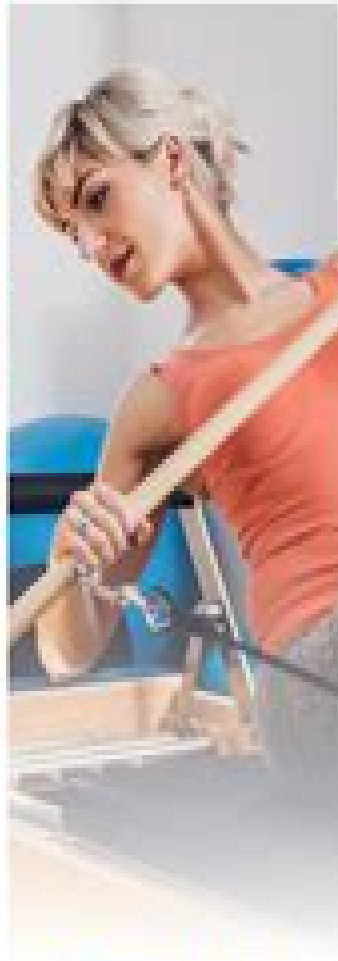
# 5 Low-Impact Exercises to Try



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# Low Impact Exercises

**C Cleary**



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