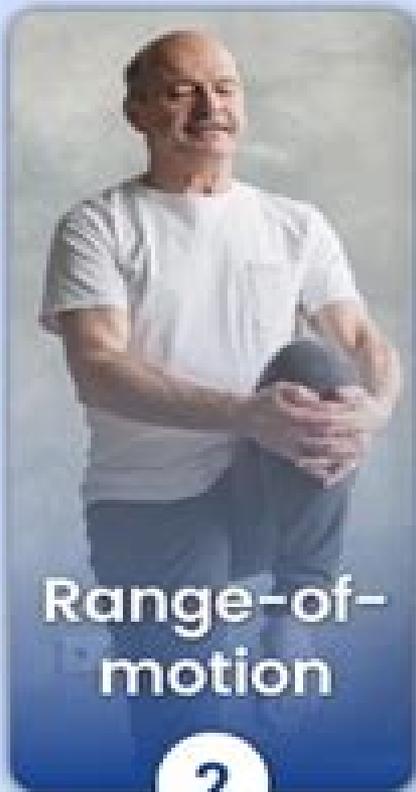


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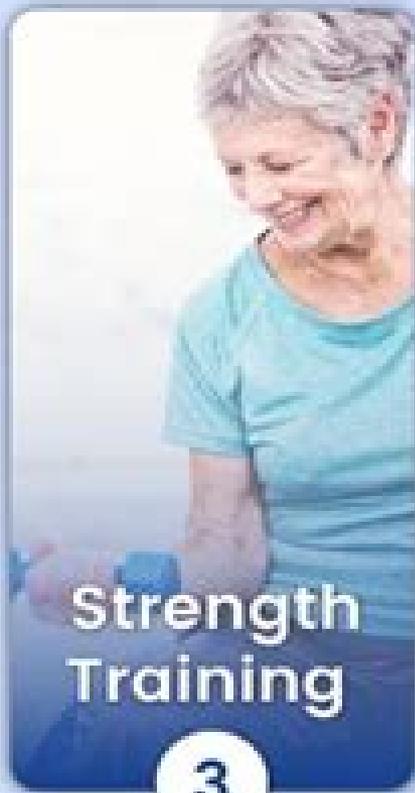
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**1**



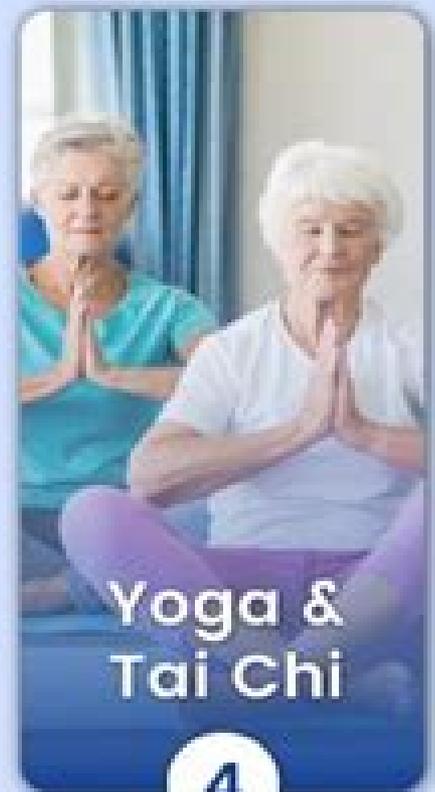
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**2**



**Strength Training**

**3**



**Yoga & Tai Chi**

**4**

# Arthritis Complete Exercise Guide

**Xiang Xie**



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