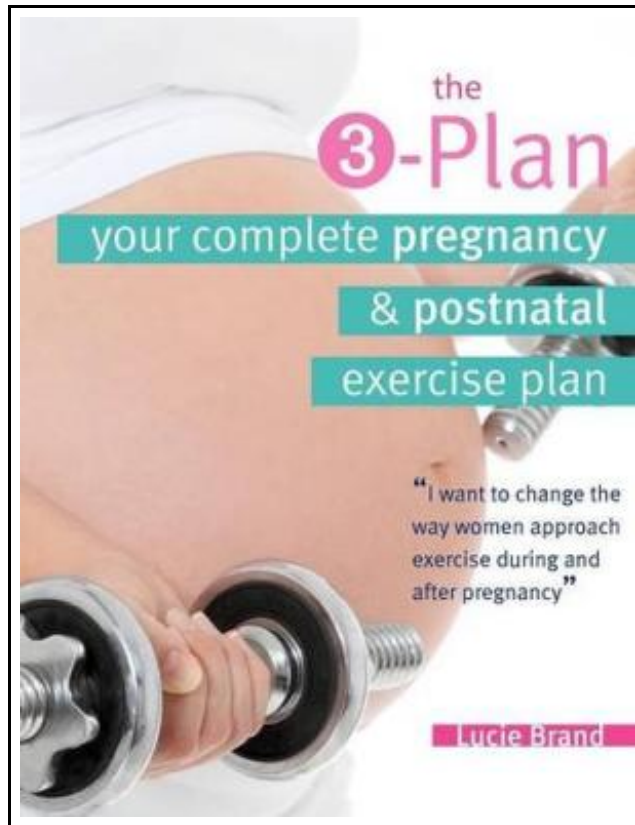


## The 3-Plan Your Complete Pregnancy and Postnatal Exercise Plan



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