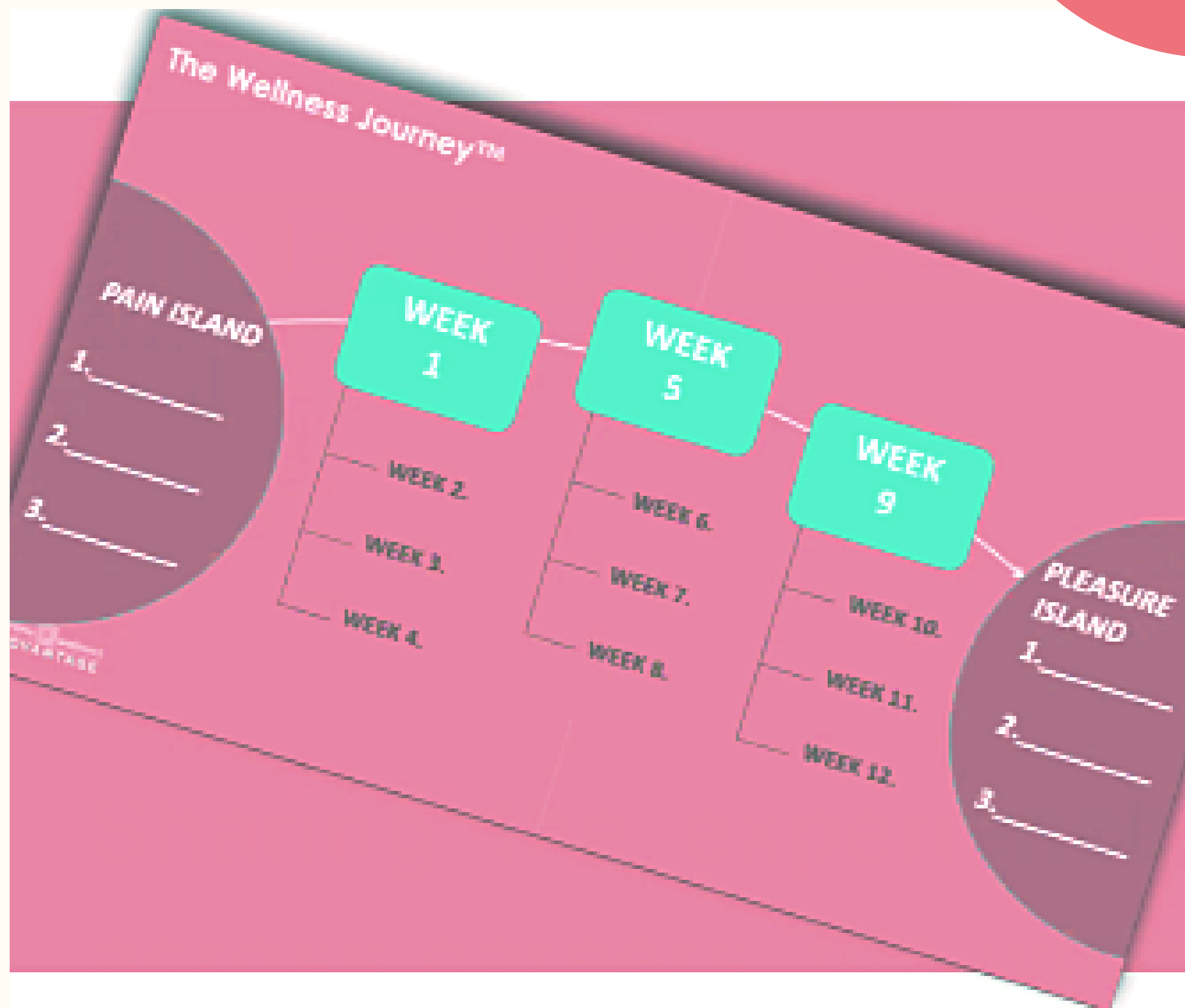


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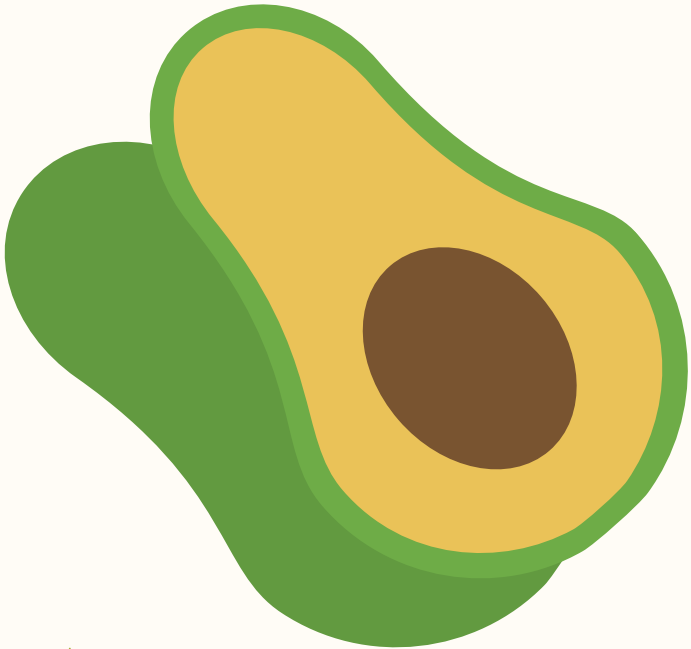
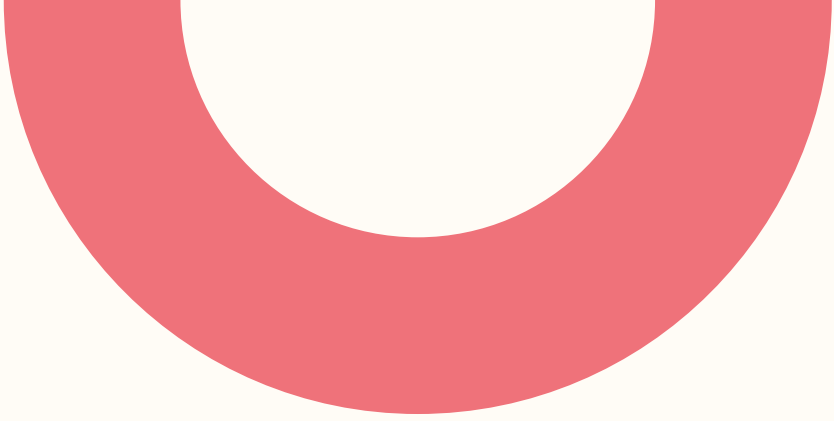
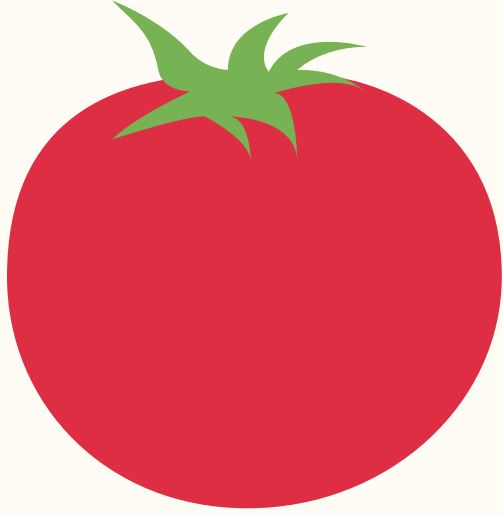
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Interactive teaching, constructive
feedback to progress fast

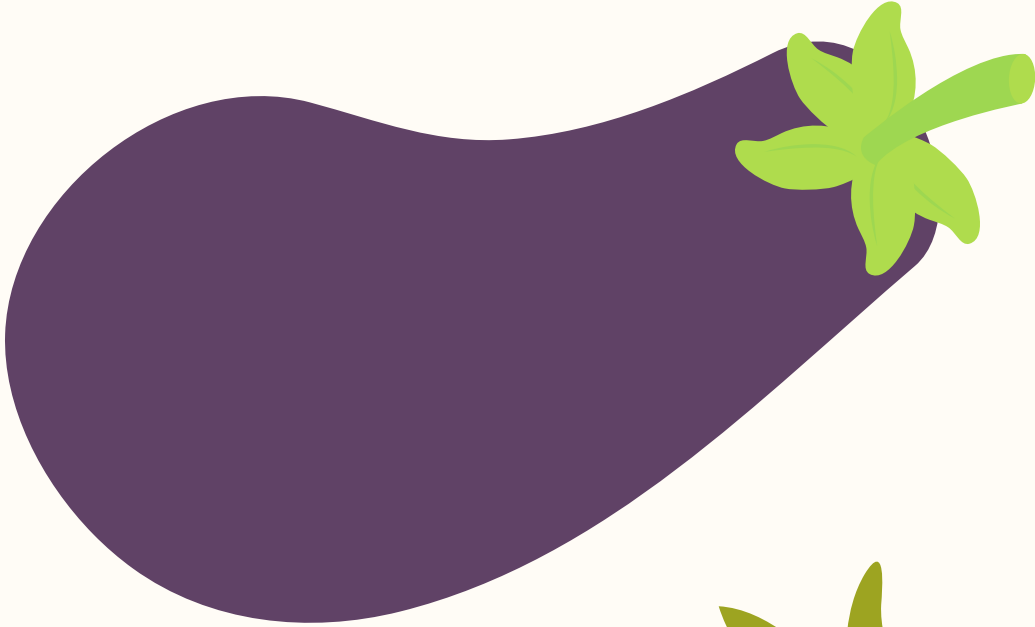
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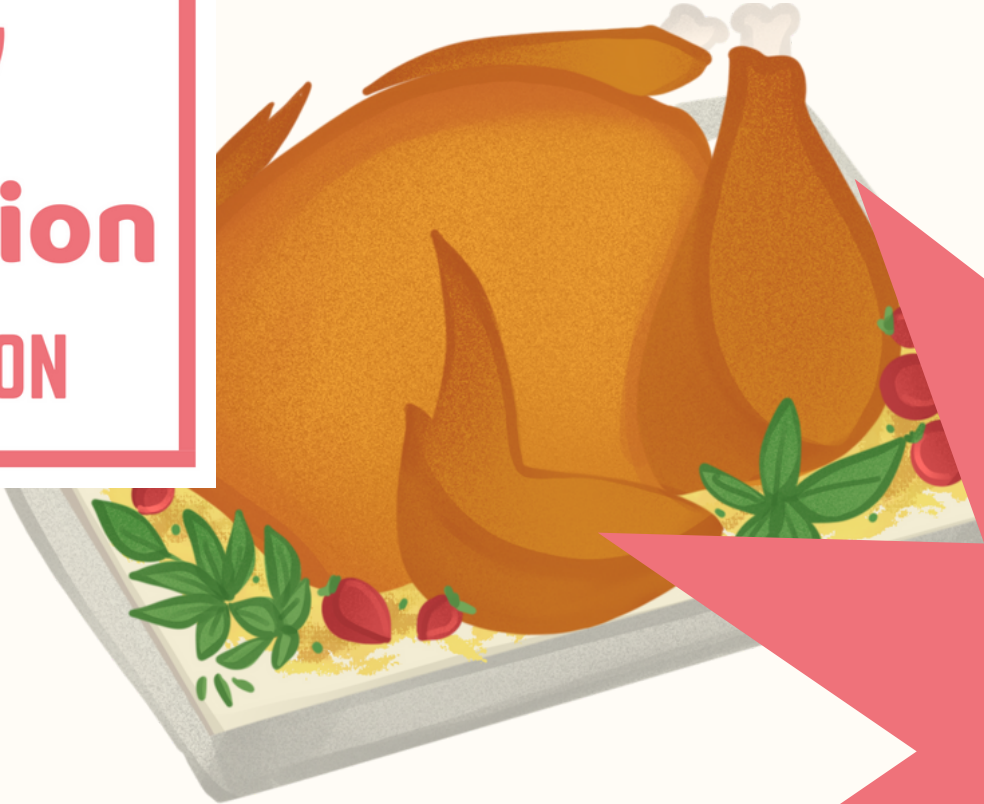
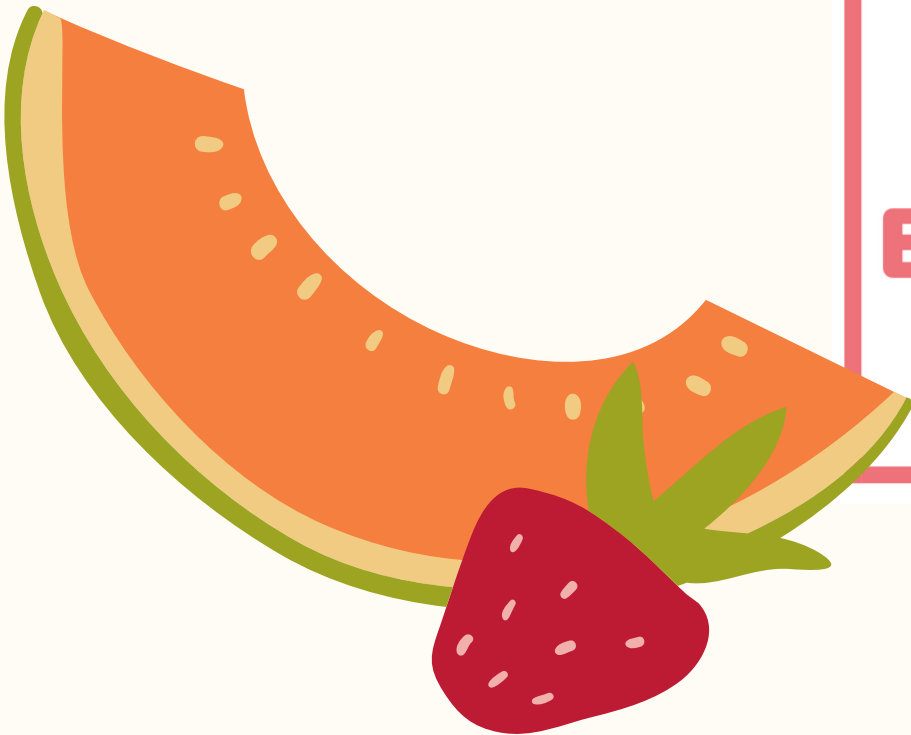
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THIS COURSE IS FOR EDUCATIONAL PURPOSES. PLEASE CONSULT YOUR PHYSICIAN TO VERIFY IF THE SUGGESTED DIET, EXERCISE, AND/OR LIFESTYLE CHANGES THAT WE PROPOSE ARE SUITABLE TO YOU, CONSIDERING YOUR HEALTH HISTORY AND PERSONAL CIRCUMSTANCES.



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