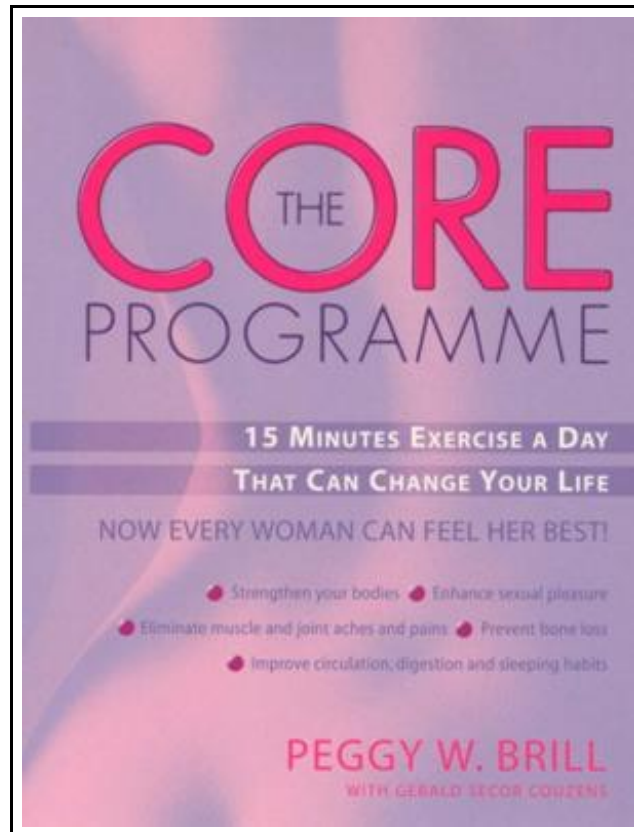


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THE CORE PROGRAMME: FIFTEEN MINUTES EXCERCISE A DAY THAT CAN CHANGE YOUR LIFE

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