

The Sports Injuries & Fitness Clinic

Resistance Exercises Part 1

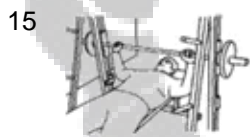
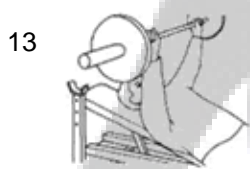
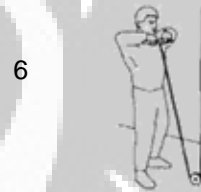
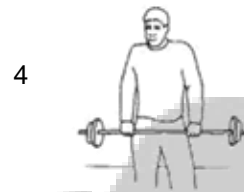
Produced by Paul A. McKenzie *Dip. FTST, Dip. FN, MFHT*

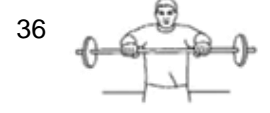
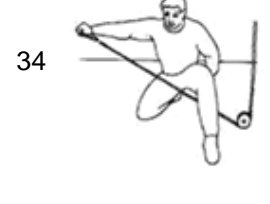
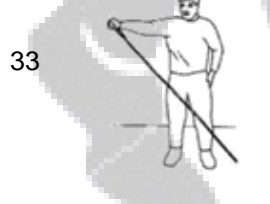
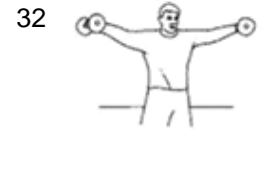
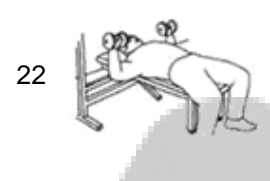
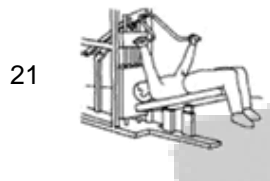
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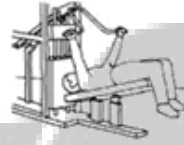
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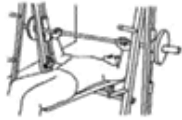
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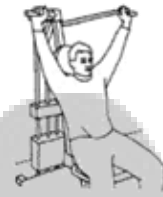
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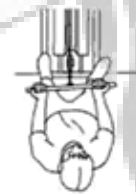
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