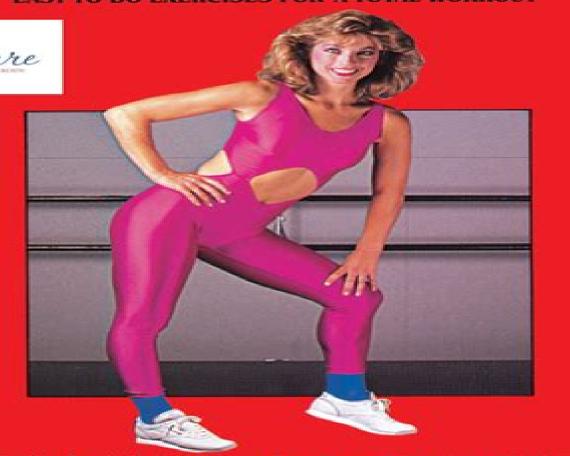
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EASY TO DO EXERCISES FOR A TOTAL WORKOUT



Denise Austin is the Fitness Expert on NBC's TODAY SHOW and star of "Getting Fit with Denise Austin" on ESPN-TV daily!

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