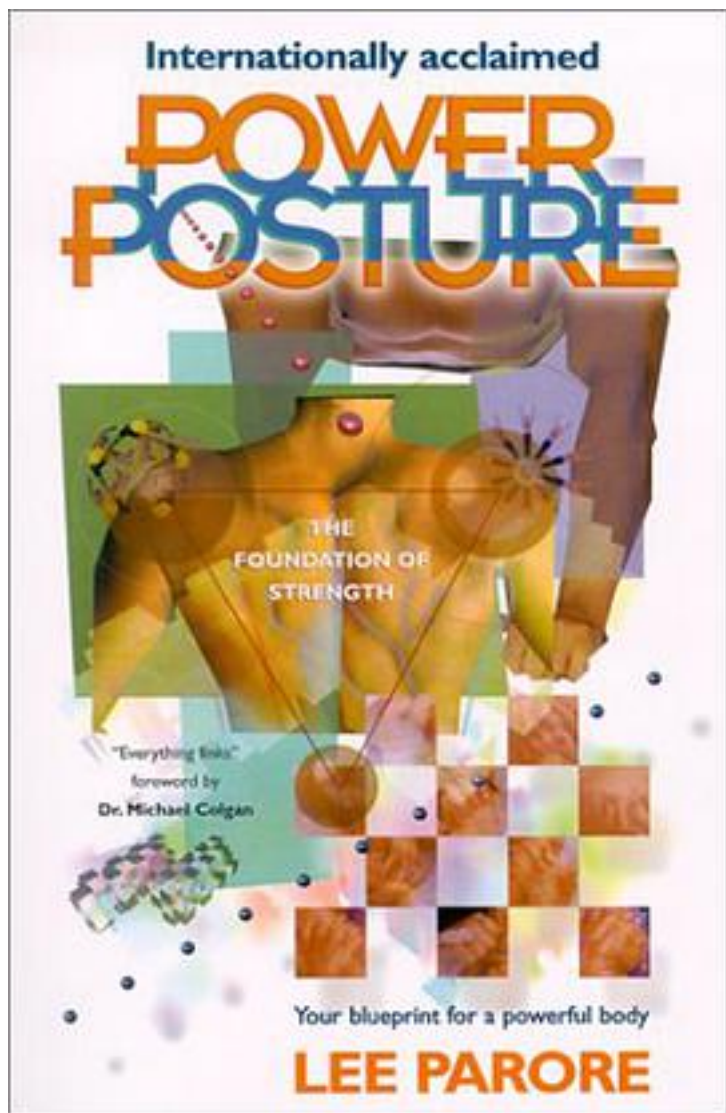


Power Posture



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Poor posture leads to poor structure, which can greatly influence your physical strenght and natural body movements. "Power Posture" explains how to build the body from the inside out, for physical longevity and athletic power.

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