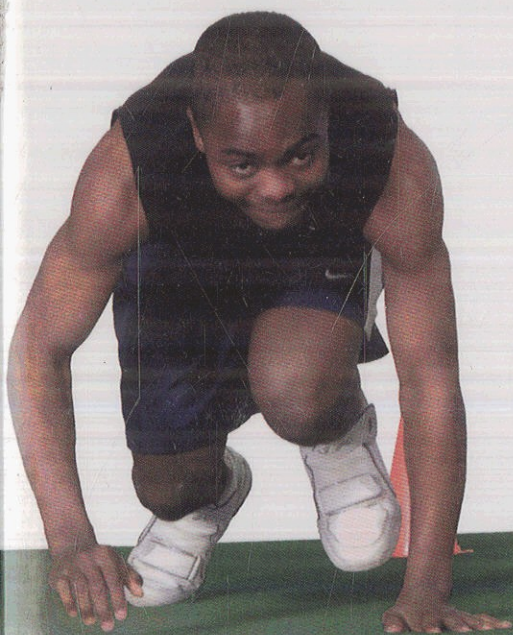
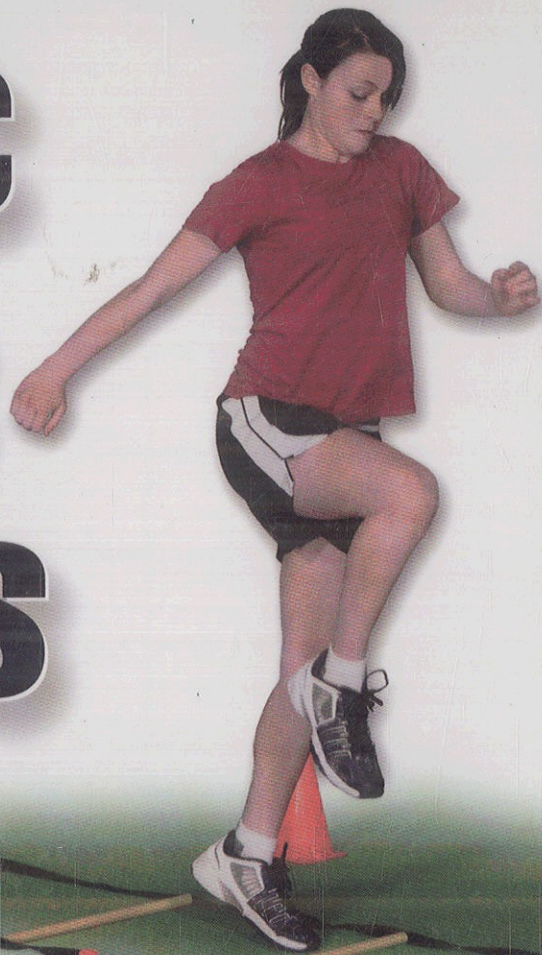


Athletic Fitness for Kids



Includes programs for

- *Flexibility*
- *Strength*
- *Balance*
- *Speed*
- *Stamina*
- *Agility*
- *Coordination*

Scott Lancaster • Radu Teodorescu

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