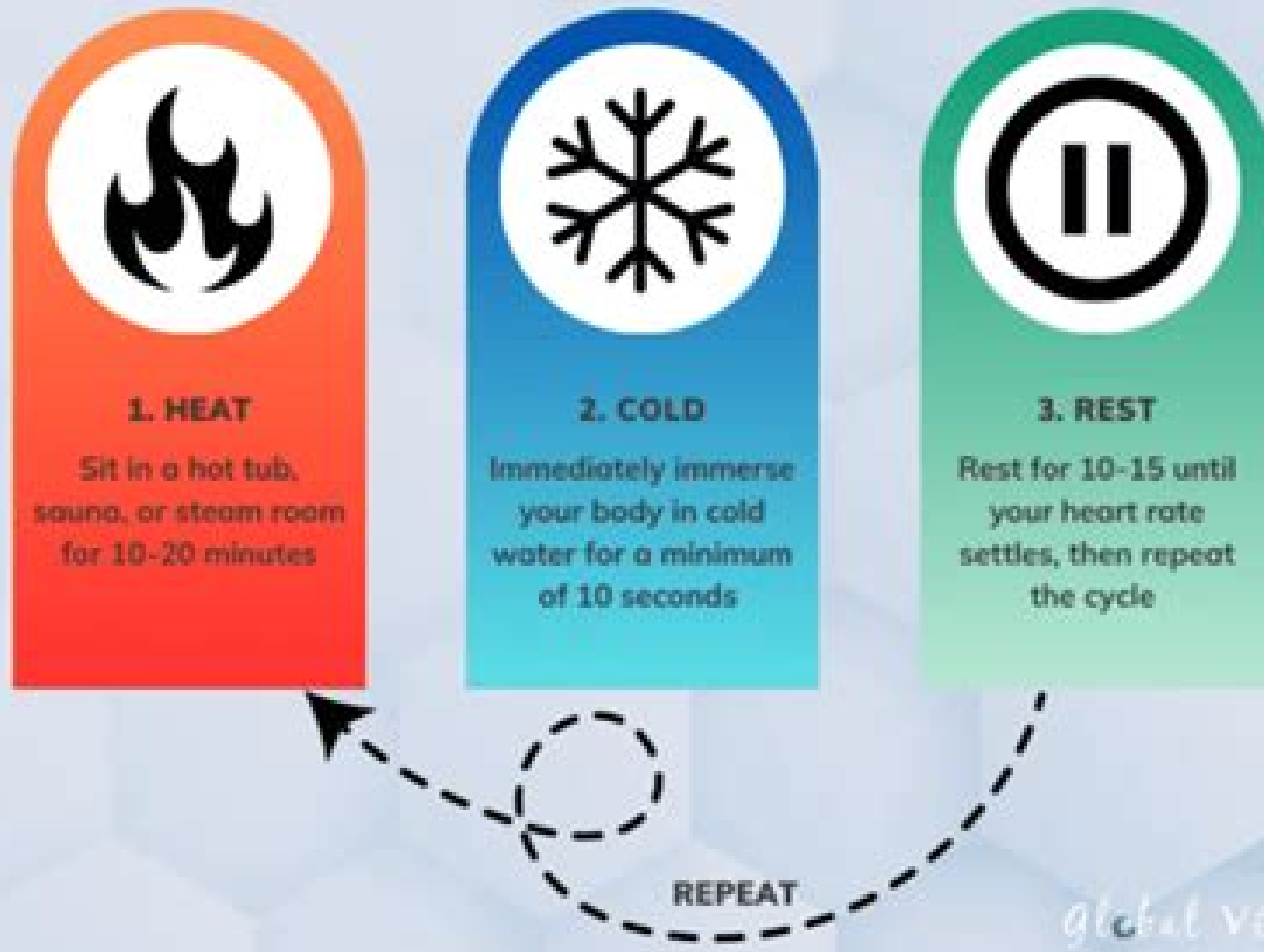


# Hot and Cold Therapy inspired by the Nordic Cycle



# Step By Step Hot Cold

**M Walker**



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