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# The Aerobics Way: New Data on the World's Most Popular Exercise Program

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# The Aerobics Way

**Ron Thatcher**



## **The Aerobics Way:**

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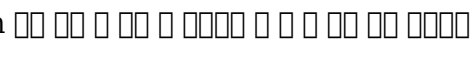
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