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FOR EXERCISE AND FUN

Exercise routines should be determined by a doctor, therapist, coach, or trainer. Routines should include number of reps, sets, times per day and times per week.



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Fabrication Enterprises, Inc. 250 Clearbrook Rd, Suite 240 Elmsford, NY 10523el:

tel: 800-431-2830 +1-914-345-9300 fax: 800-634-5370+1-914-345-9800

FabEnt.com