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# **Strengthen Your Back**

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## **Strengthen Your Back**

DK Publishing

#### Strengthen Your Back DK Publishing

DK's *Strengthen Your Back* provides easy-to-follow exercises that improve mobility, flexibility, core stability, and strength to help treat an existing condition or reduce chances of future injury. This handy guide is perfect for anyone who wants to take an active role in his or her health care and alleviate back pain.

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