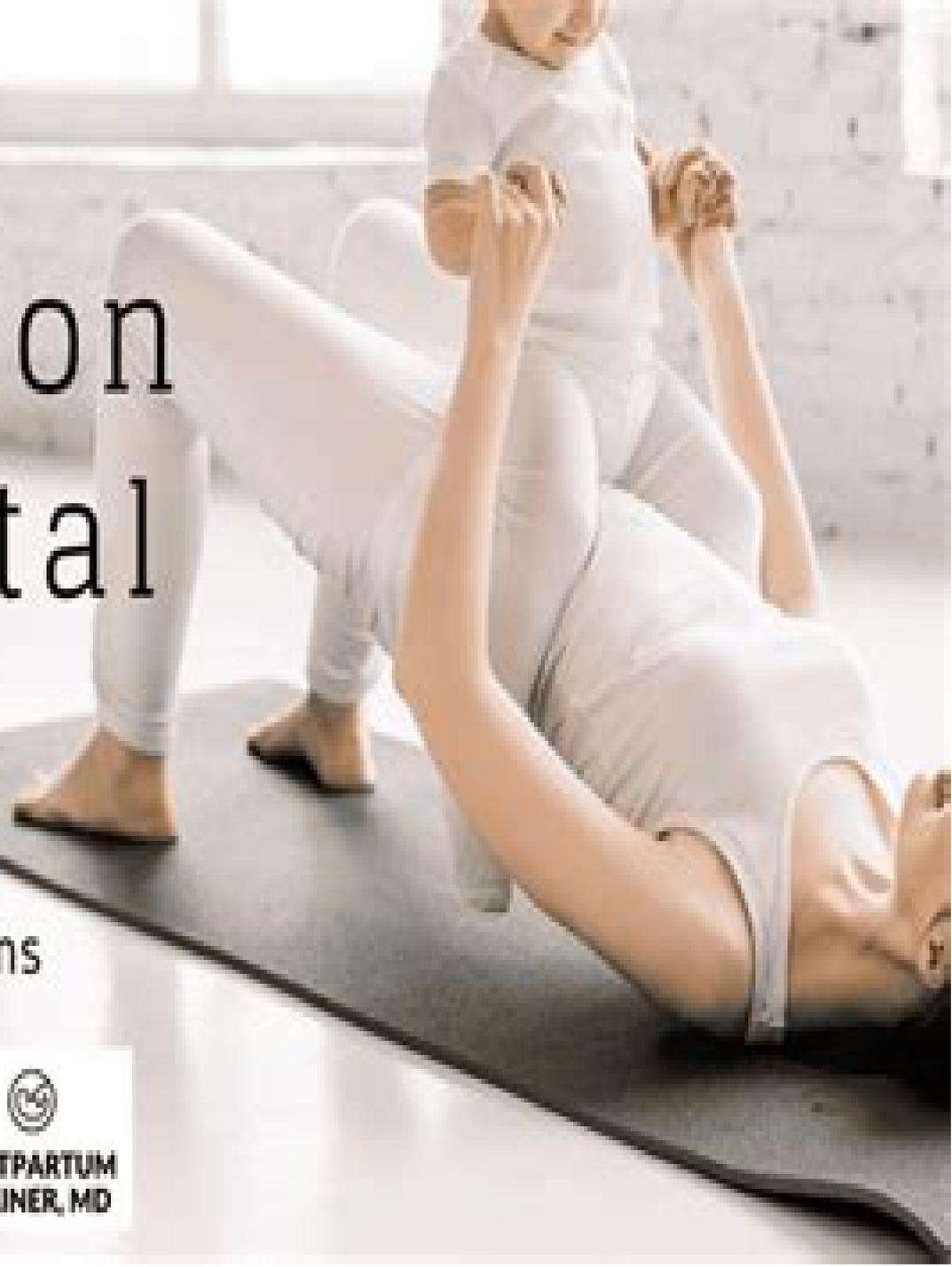


# An Introduction To Postnatal Exercise

A Doctor's Guide For New Moms



POSTPARTUM  
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# Guide To Postnatal Fitness

**Brendan G. Carr**



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