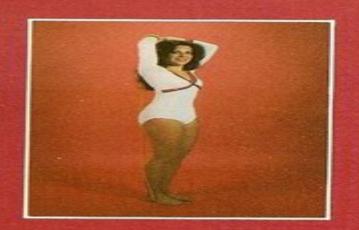
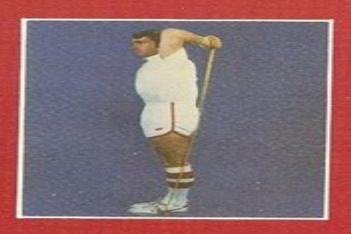
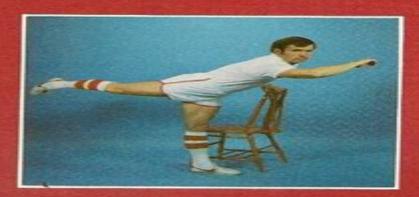
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# **Shape Up A Program For Shipboard Physical Fitness**

**Clifford Lane** 

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