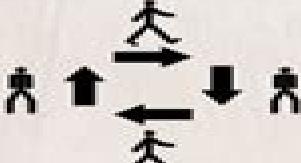


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	<p><b>March in place</b></p>
	<p><b>Side step</b></p>
	<p><b>4 steps forward, 4 steps back</b></p>
	<p><b>Side step x 2</b></p>
	<p><b>Big step forward, side step, big step back, side step</b></p> <p><b>Do for 30 seconds then change lead leg</b></p>

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implementation and interpretation can be complicated it should be used alongside previous medical evaluation including medical history physical examination and other appropriate complementary tests and should be interpreted with the results of these additional tests in mind This timely ERS Monograph aims to provide a comprehensive update on the contemporary uses of exercise testing to answer clinically relevant questions in respiratory medicine The book covers equipment and measurements exercise testing in adults and children cardiac diseases interstitial lung disease pulmonary vascular disease chronic obstructive pulmonary disease pre surgical testing and much more *Reverse Diabetes Forever Newly Updated* Editors at Reader's Digest,2016-10-04 In this comprehensive book you ll find the latest science and expert advice that enables you at long last to take control Learn how to shop cook eat and live well with diabetes **Vertical File Index**,2005

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