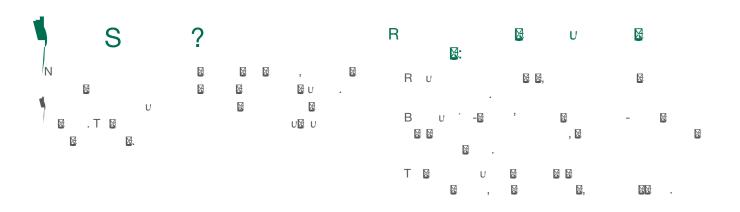
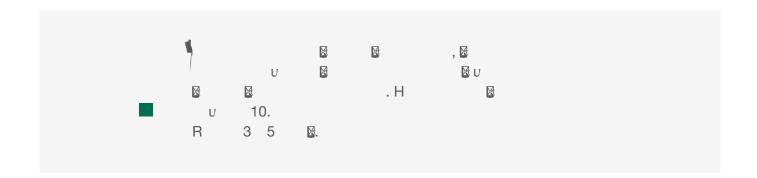
Workstation Exercises

Recommendations to reduce aches and pains









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