

## K.I.S.S. Keep it Safe & Simple: Basic guide for better posture, stronger core and easy movement



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*This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It's been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.*  
***(Prof. Loyce Runolfsson Jr.)***

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