

# PHYSICAL EDUCATION 2

## Fitness Exercises



DR. MICHELLE DUYA PUNZALAN  
MARILOU C. MONDINA

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**COLLEGE TEXTBOOK**

**DR. MICHELLE D. PUNZALAN**  
**MARILOU C. MONDINA**

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### **A COLLEGE TEXTBOOK**

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*Dr. Michelle D. Punzalan*

*Marilou Mondina*

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