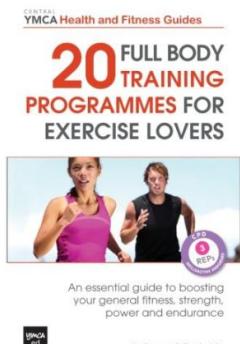


20 Full Body Training Programmes for Exercise Lovers: An Essential Guide to Boosting Your General Fitness, Strength, Power and Endurance



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