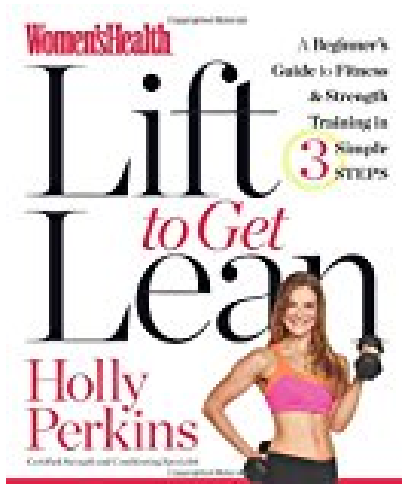


Womens Health Lift to Get Lean A Beginners Guide to Fitness & Strength Training in 3 Simple Steps



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