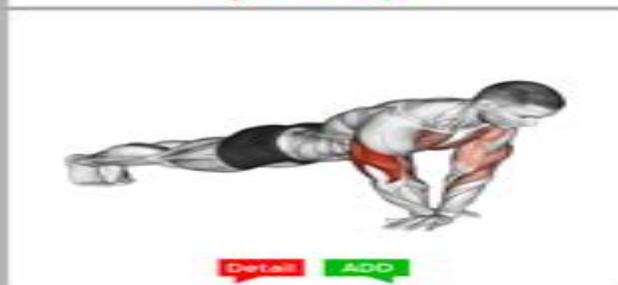




BODYWEIGHT EXERCISES

How to Create a Bodyweight Workout Plan
A Step-by-Step Guide



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