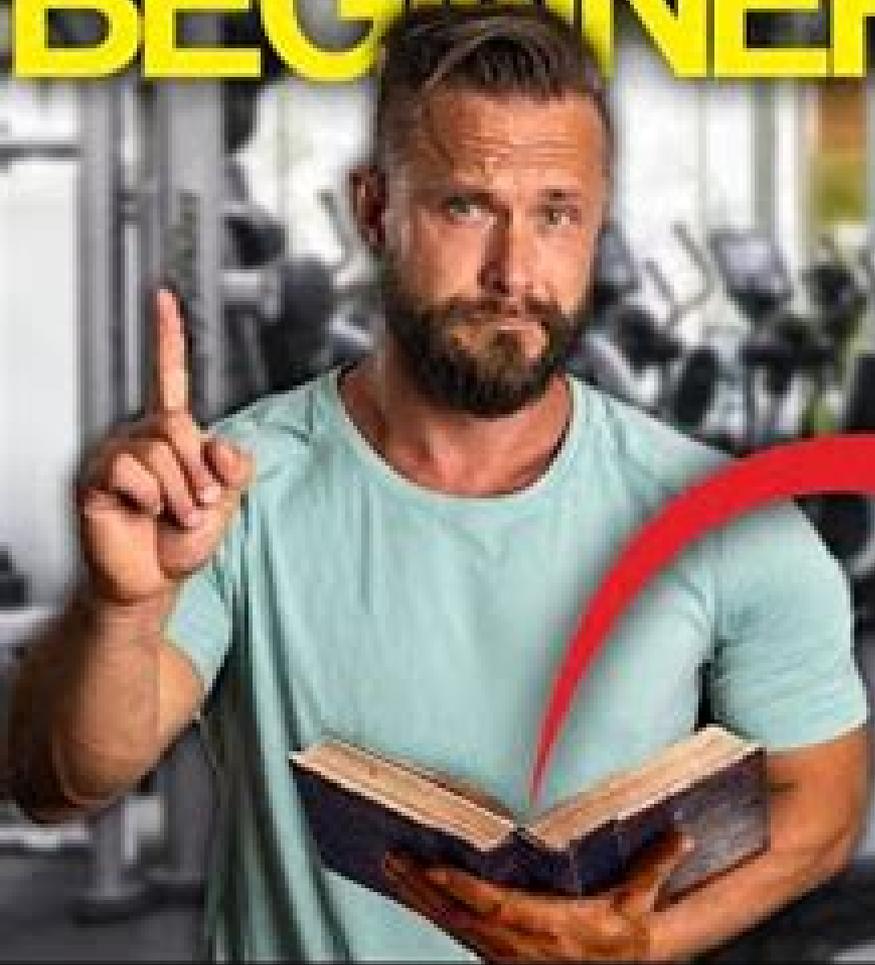


# BEGINNER TRAINING



# Expert Home Workout Explained 31678

**Victor M. Corman**



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