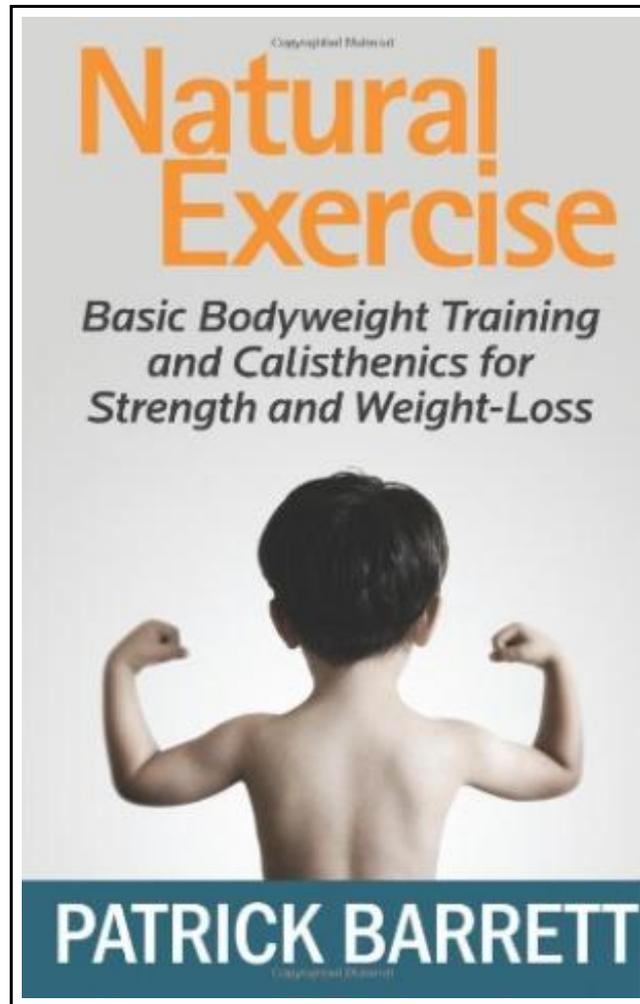


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NATURAL EXERCISE BASIC BODYWEIGHT TRAINING AND CALISTHENICS FOR STRENGTH AND WEIGHT-LOSS

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