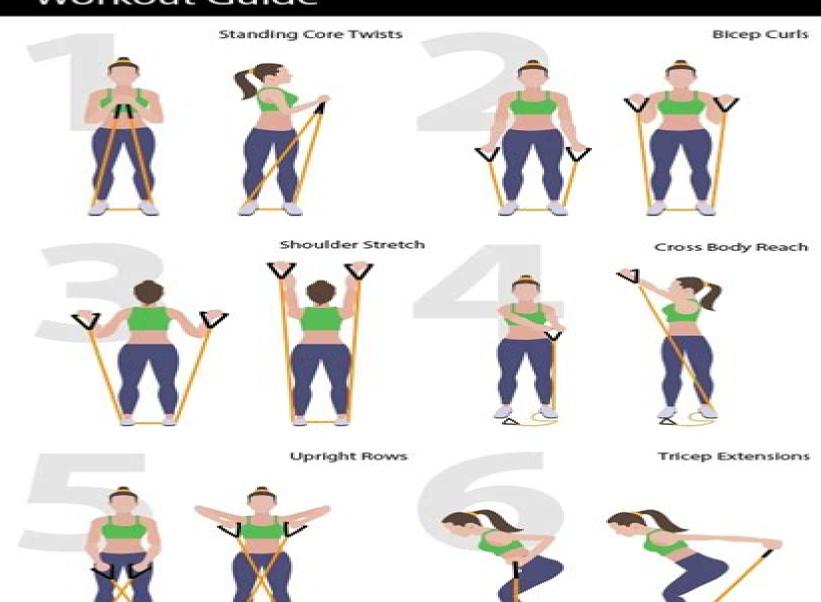
RESISTANCE BANDS Workout Guide



Resistance Band Workout

O García



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