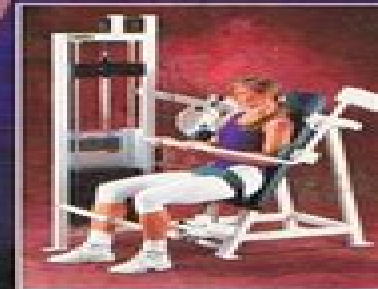


Practical **WEIGHT TRAINING**

.....
WORKOUTS, WEIGHTS AND EQUIPMENT

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