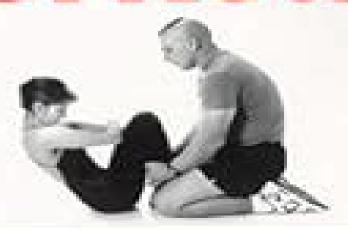
# MARIE

## Daily 16 Workouts



Marine Fitness for the Civilian Athlete

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### **Marine Corps Daily 16 Workout**

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