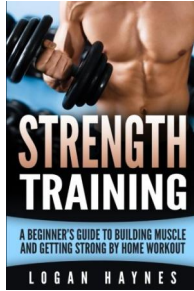


## Strength Training: A Beginner's Guide to Building Muscle and Getting Strong by Home Workout



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