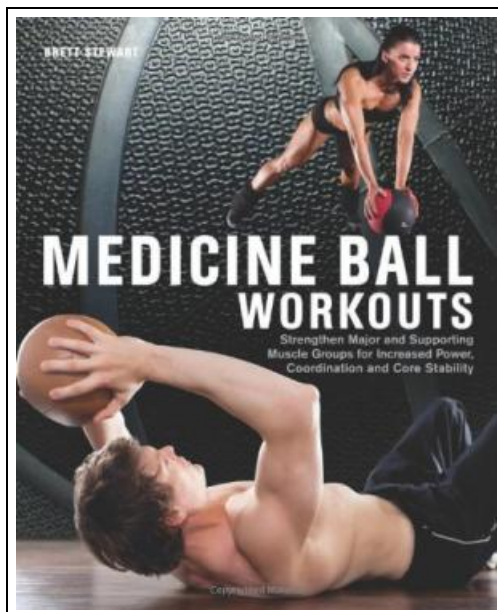


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(Jaclyn Price)

MEDICINE BALL WORKOUTS: STRENGTHEN MAJOR AND SUPPORTING MUSCLE GROUPS FOR INCREASED POWER, COORDINATION, AND CORE STABILITY



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