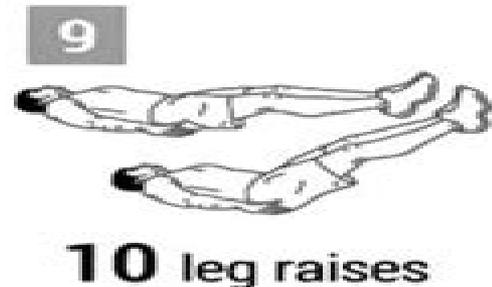
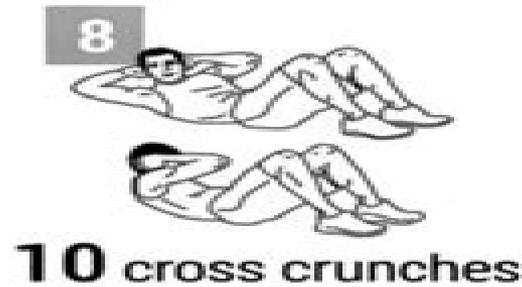
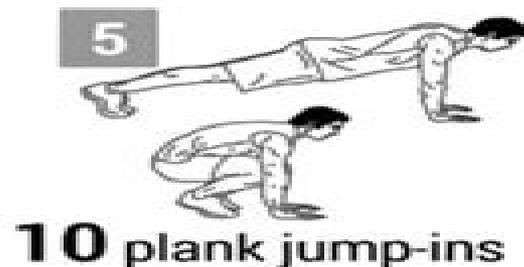
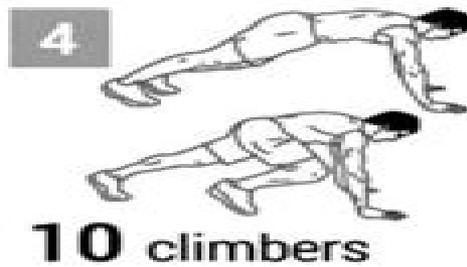
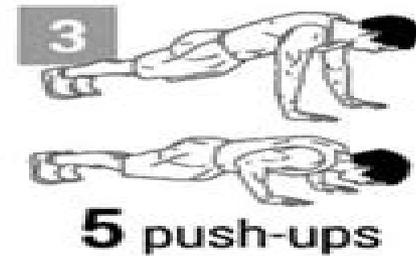
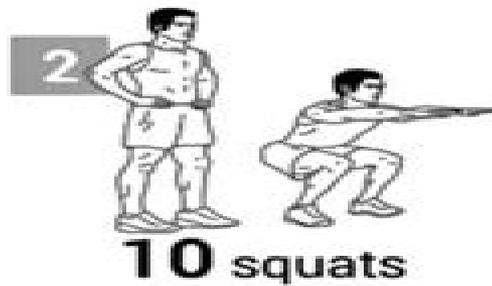
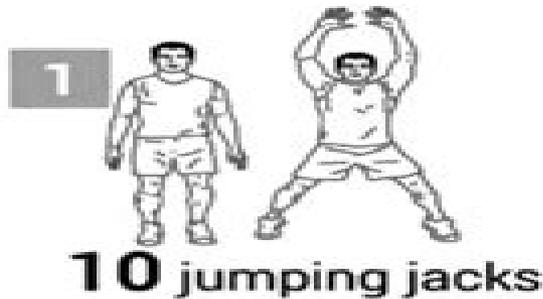


daily workout



level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

Easy Home Workout 2025 For Beginners

CL Gary



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