

A group of people in athletic wear, possibly at a CrossFit event, with text overlaid. The image is dark and grainy, showing several individuals in the background. The text is centered and reads "CROSSFIT OPEN" in a bold, white, sans-serif font. Below it, "WORKOUT 25.3" is written in a white, italicized, sans-serif font inside a red rounded rectangle.

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WORKOUT 25.3

Expert Home Workout 2025 For Workers 7465

Sebastian Brünink



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