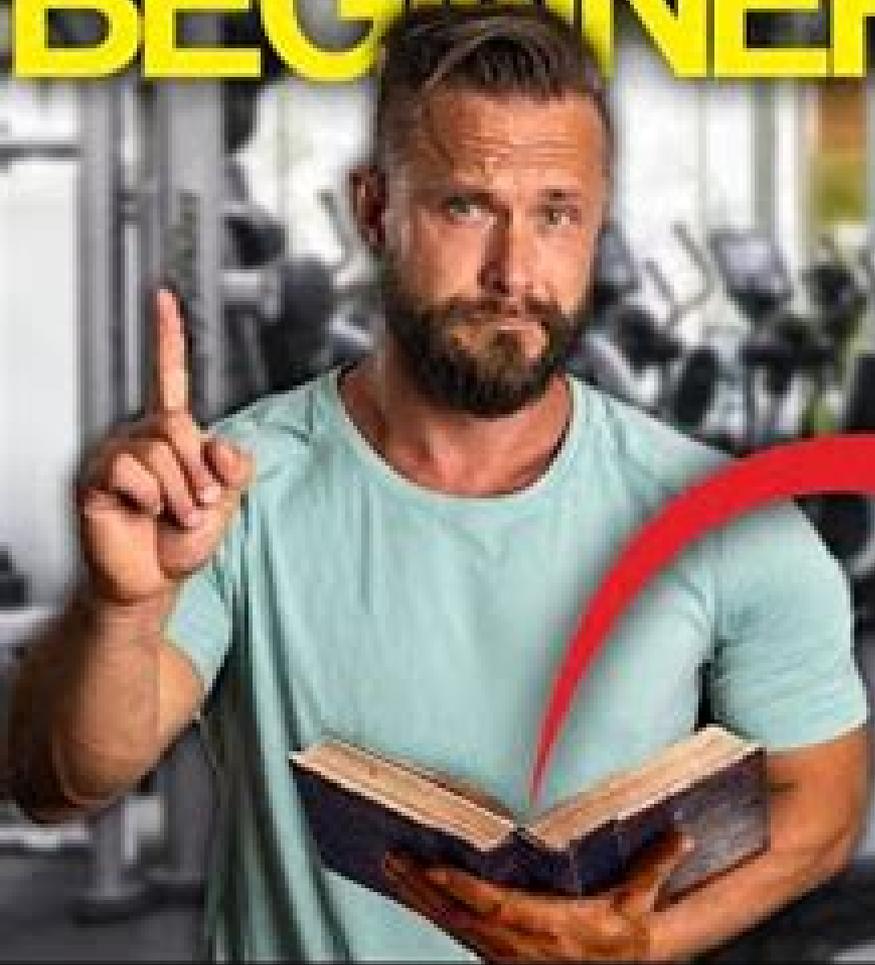


# BEGINNER TRAINING



# Expert Home Workout Explained For Experts 38023

**Rachel Sandford**



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