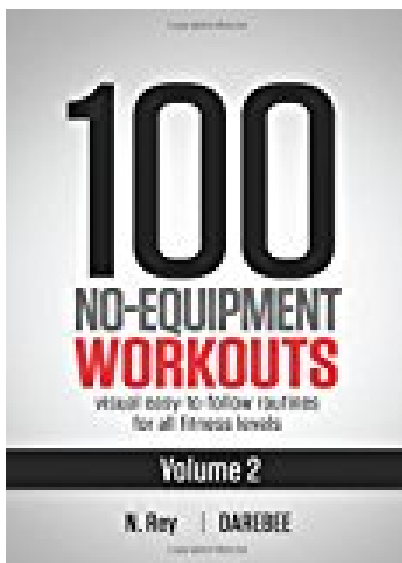


100 No-Equipment Workouts Vol. 2 Easy to Follow Home Workout Routines with Visual Guides for All Fitness Levels



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