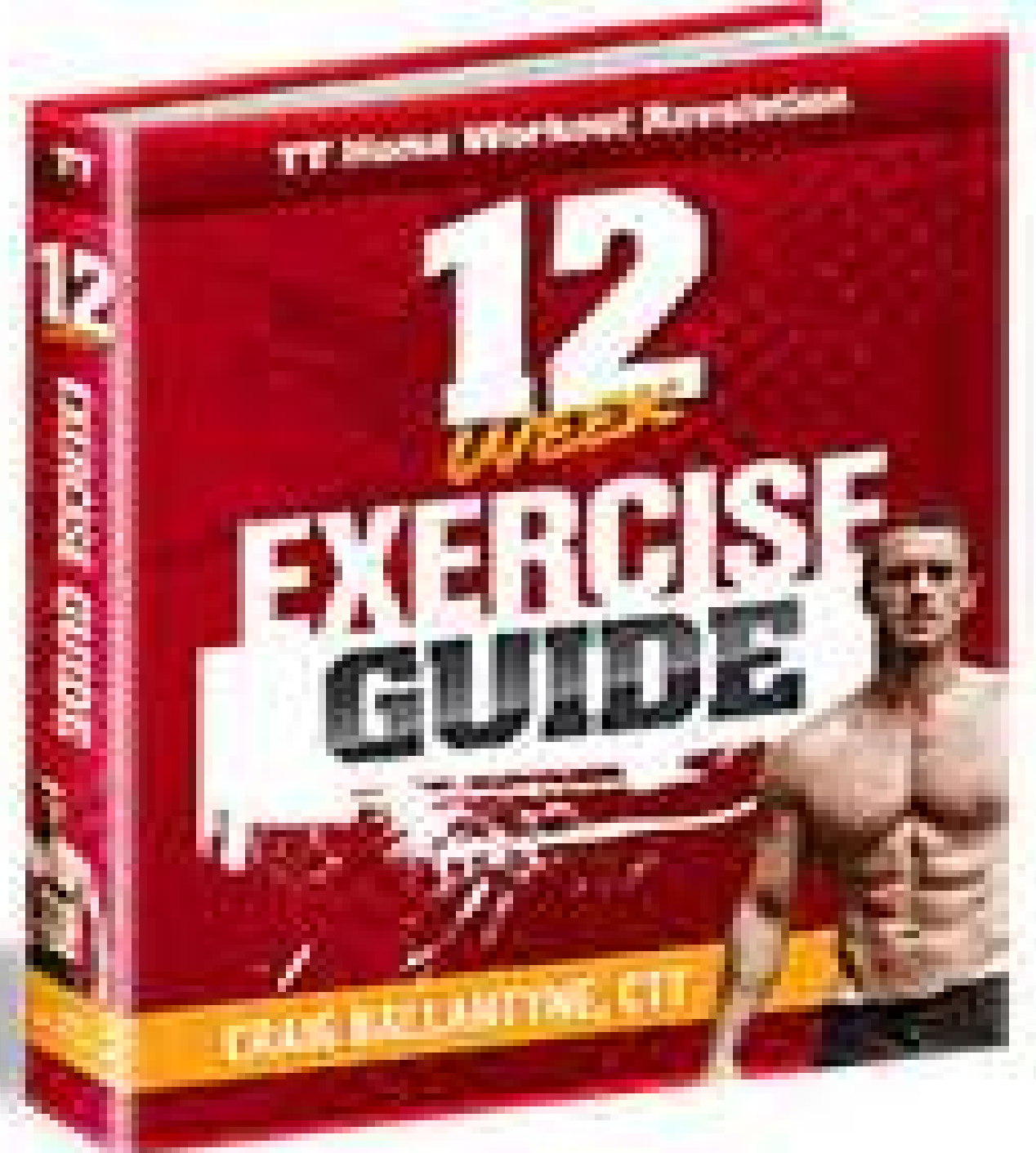
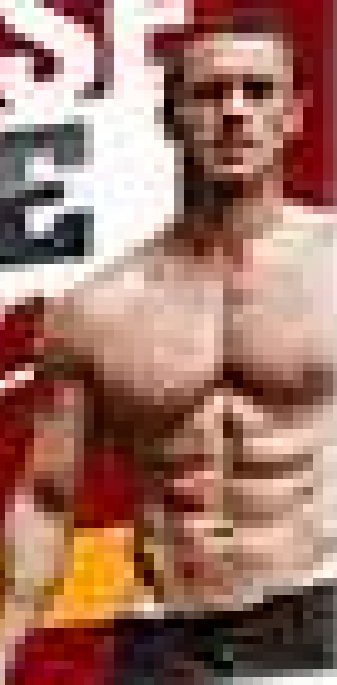




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EXERCISE GUIDE



CHRIS BUMSTEAD, C.T.

Home Workout Revolution Program Guide

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