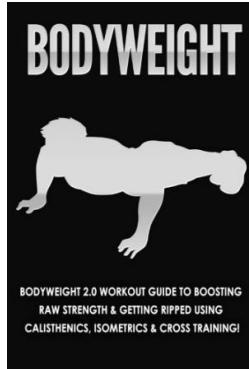


Training

Bodyweight: Workout Guide to Boosting Raw Strength Getting Ripped Using Calisthenics, Isometrics, Cross Training



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