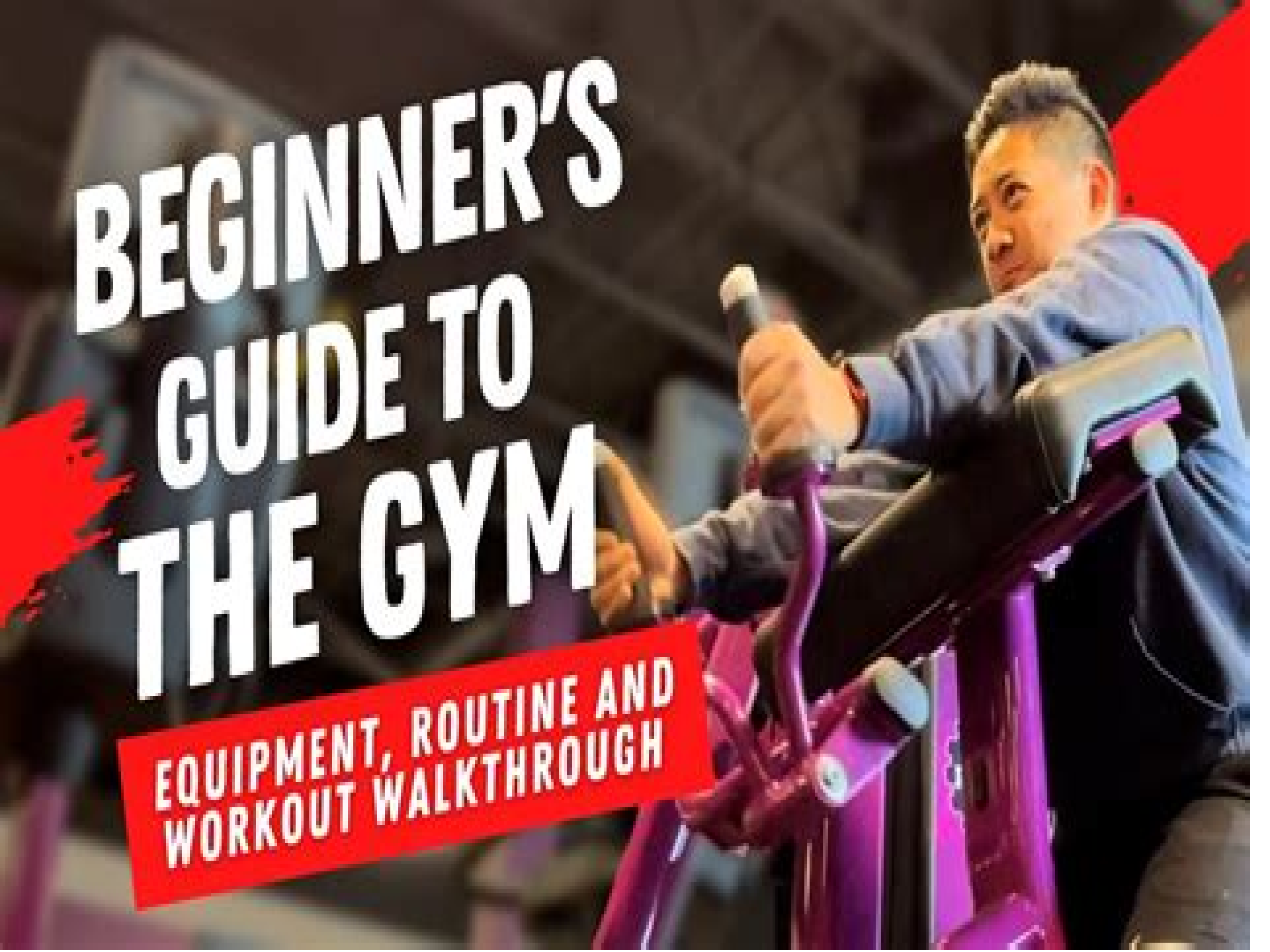




BEGINNER'S GUIDE TO THE GYM

EQUIPMENT, ROUTINE AND
WORKOUT WALKTHROUGH

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