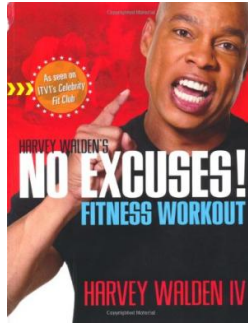


## No Excuses! Fitness Workout



### Book Review

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**(Seth Fritsch)**

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