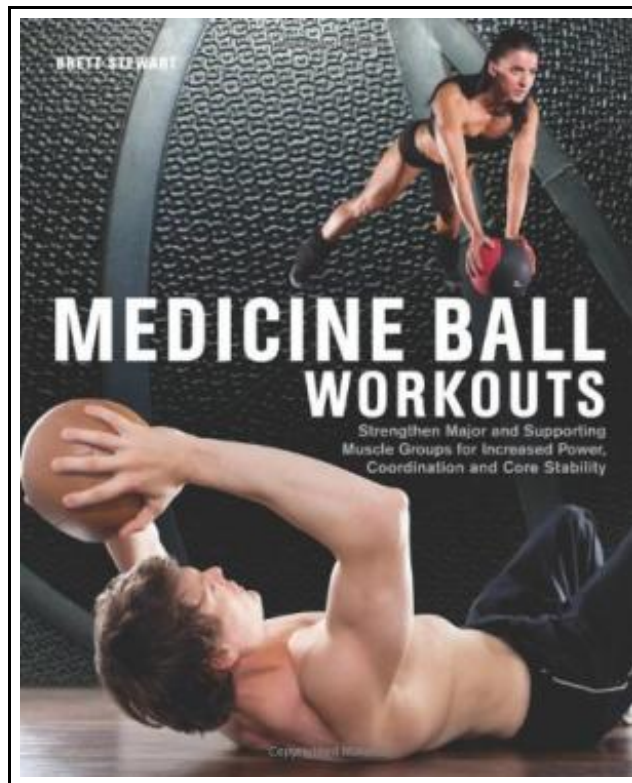


Medicine Ball Workouts: Strengthen Major and Supporting Muscle Groups for Increased Power, Coordination, and Core Stability



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Reviews



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(Mrs. Jacquelyn Gutmann)

MEDICINE BALL WORKOUTS: STRENGTHEN MAJOR AND SUPPORTING MUSCLE GROUPS FOR INCREASED POWER, COORDINATION, AND CORE STABILITY



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