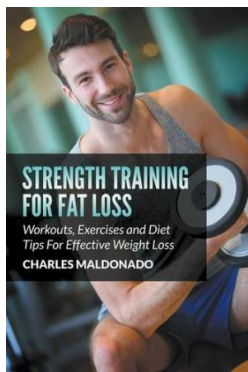


Strength Training for Fat Loss: Workouts, Exercises and Diet Tips for Effective Weight Loss



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