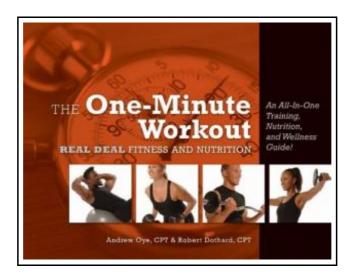
# The One-Minute Workout: Real Deal Fitness and Nutrition



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