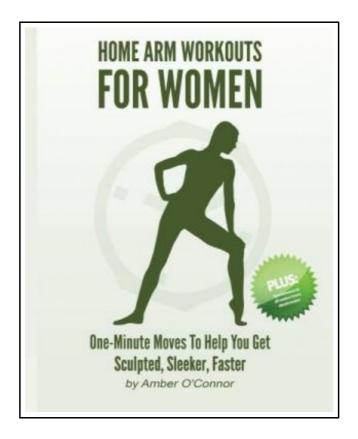
Home Arm Workouts for Women: One Minute Moves to Help You Get Sculpted, Sleeker, Faster



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