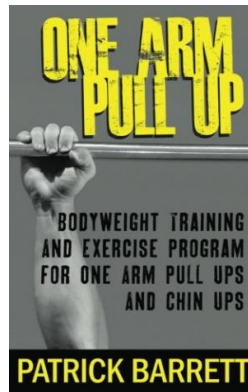


One Arm Pull Up: Bodyweight Training and Exercise Program for One Arm Pull Ups and Chin Ups



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