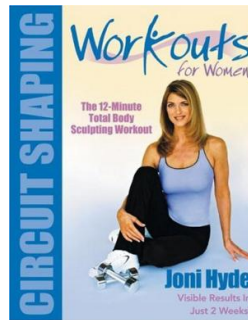


## Workouts for Women: The 12-Minute Total Body Workout Just for Women



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