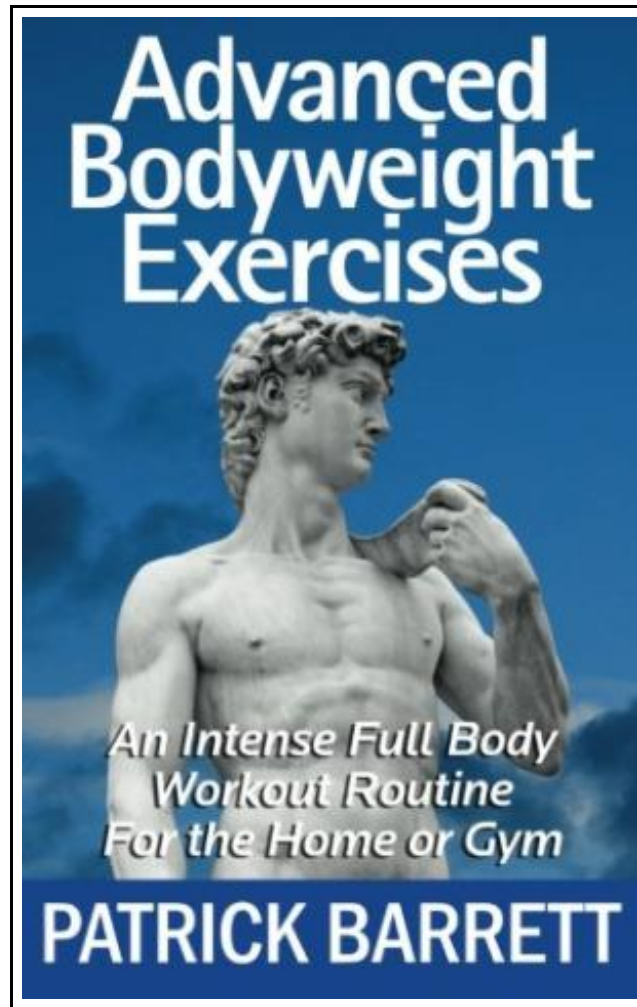


## Advanced Bodyweight Exercises: An Intense Full Body Workout in a Home or Gym



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