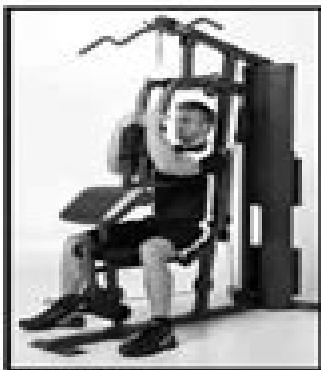
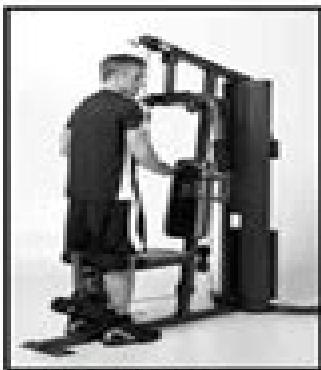


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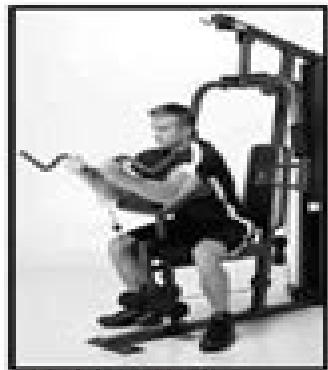
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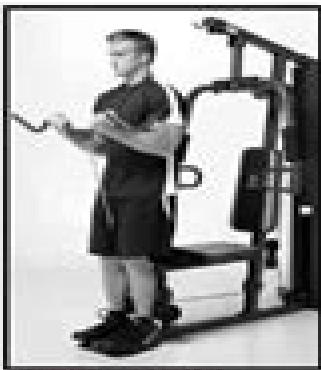
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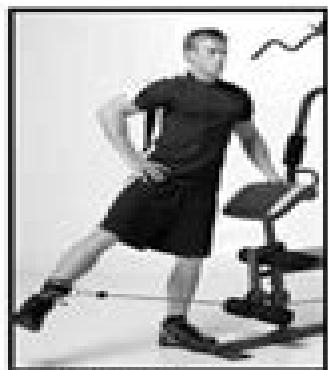
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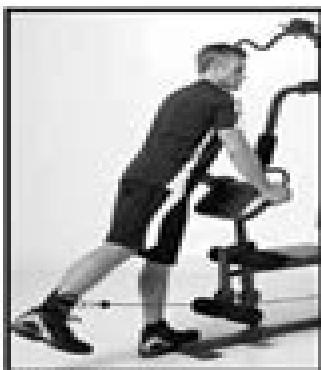
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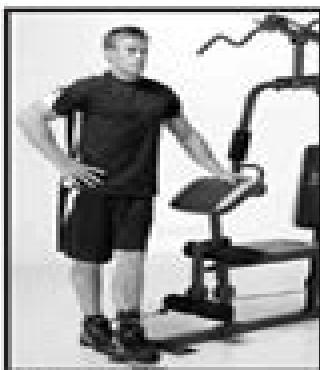
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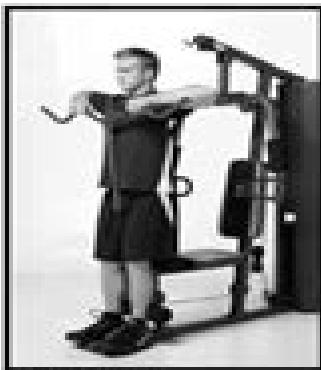
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# Home Gym Workout Manual

**J Rink**

## **Home Gym Workout Manual:**

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