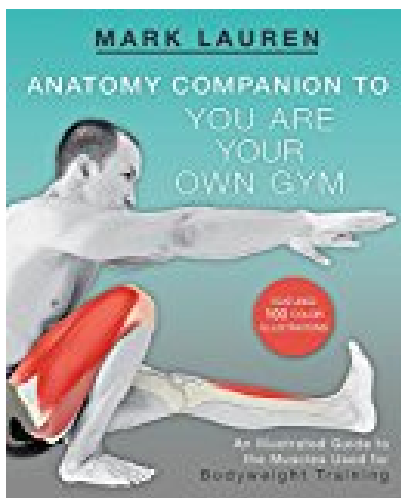


Anatomy Companion to You Are Your Own Gym An Illustrated Guide to the Muscles Used for Bodyweight Training



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