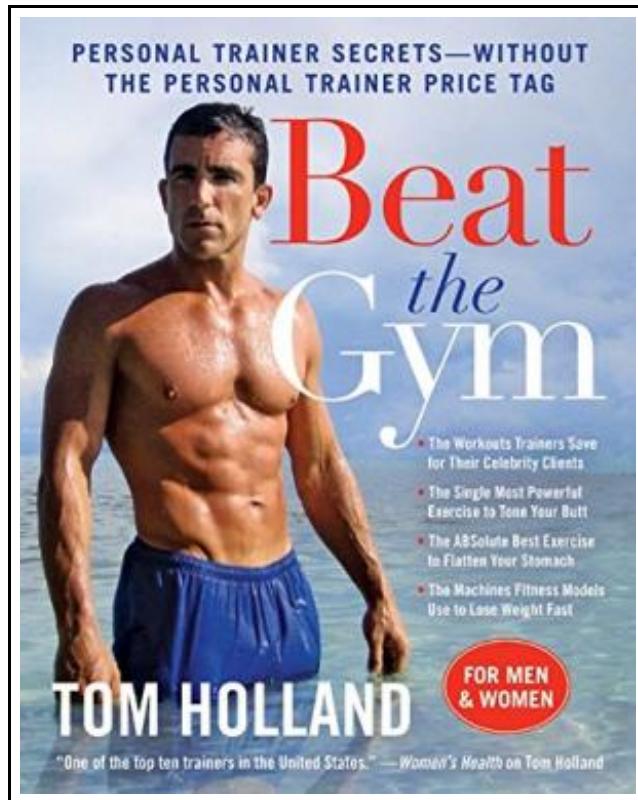


## Beat the Gym: Personal Trainer Secrets--Without the Personal Trainer Price Tag



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