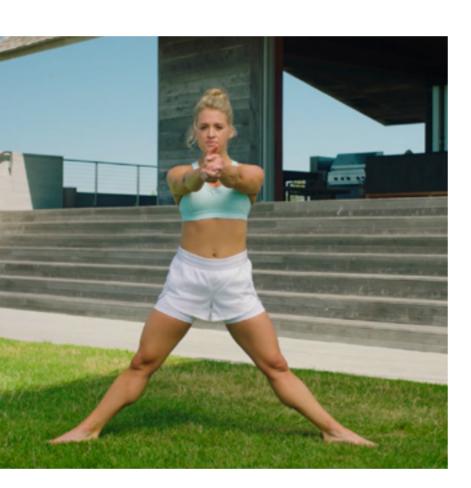


SIX SINGLE-LEG MOVES THAT WORK YOUR UPPER AND LOWER BODY.

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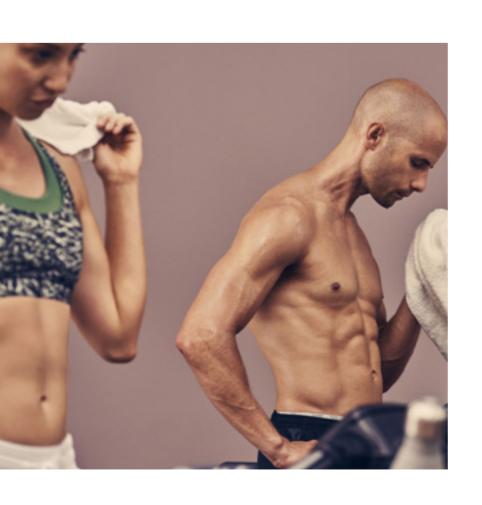


10-MINUTE STRENGTH WITH ARIEL COMEAU

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