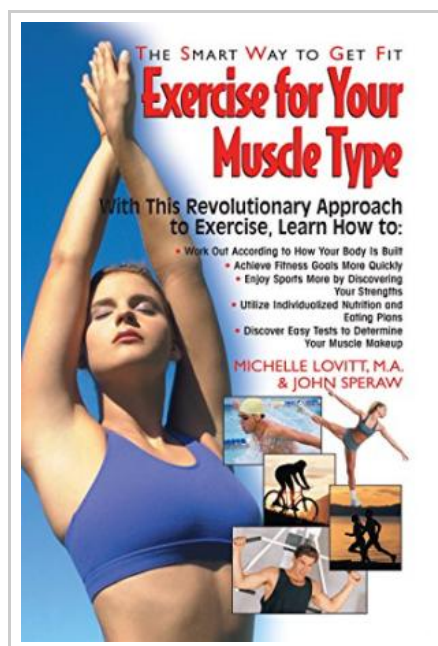




Exercise for Your Muscle Type The Smart Way to Get Fit

By Michelle Lovitt

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