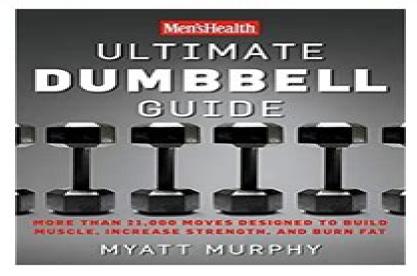
Men's Health Ultimate Dumbbell Guide: More Than 21,000 Moves Designed to Build Muscle, Increase Strength, and Burn Fat

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