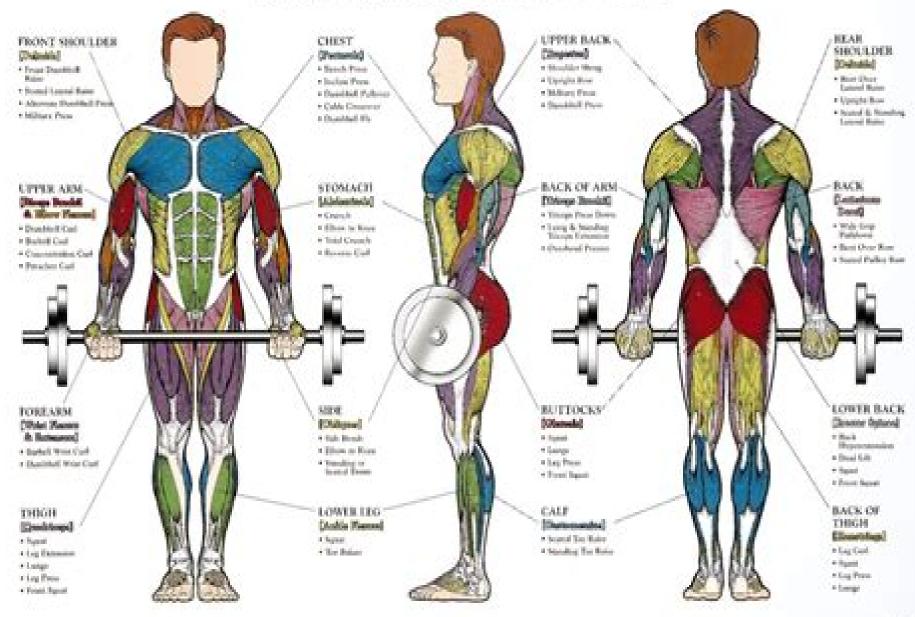
# EXERCISE & MUSCLE GUIDE





## **Personal Training Anatomy Guide**

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