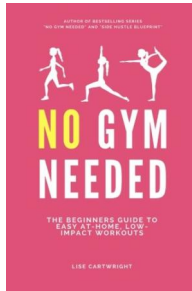


No Gym Needed: The Beginners Guide to Easy At-Home, Low-Impact Workouts (Paperback)



Book Review

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