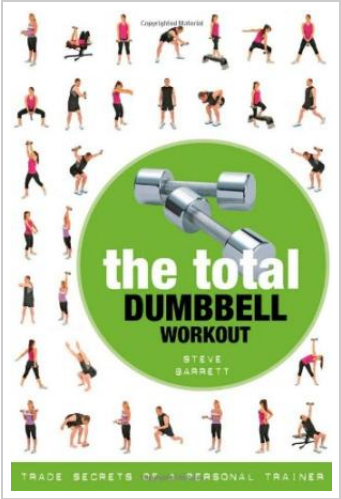

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The Total Dumbbell Workout: Trade Secrets of a Personal Trainer

By Steve Barrett

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