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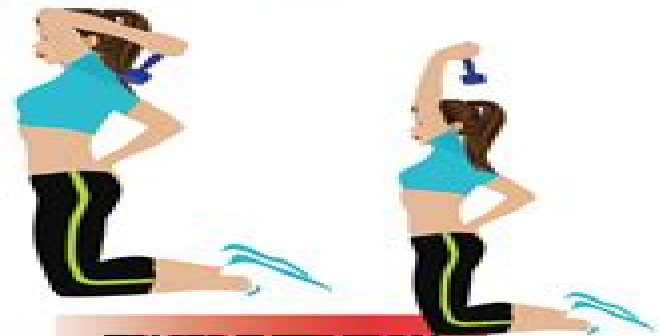
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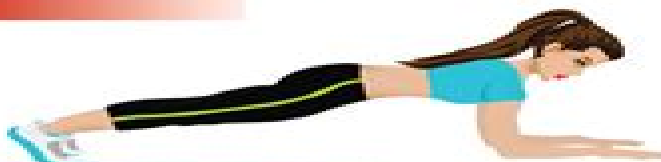
**FRONT  
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**PLANK**  
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# Dumbbell Training For Strength And Fitness

**Clifford Lane**



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