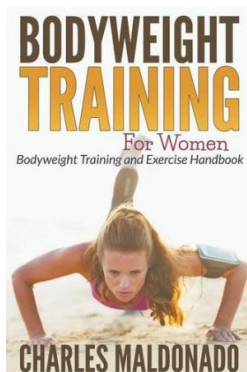


## Bodyweight Training for Women: Bodyweight Training and Exercise Handbook



### Book Review

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**(Kallie Simonis)**

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