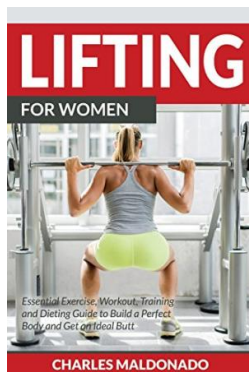


## Lifting For Women: Essential Exercise, Workout, Training and Dieting Guide to Build a Perfect Body and Get an Ideal Butt



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