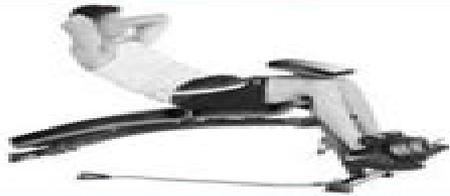




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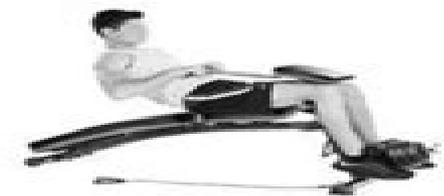
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# Multi Purpose Bench Exercises Guide

**Julia Schneider**



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