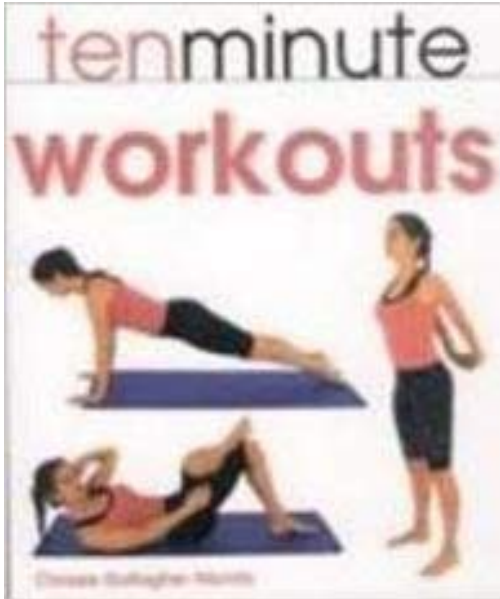


## 10 Minute Workouts *by* CHRISSIE GALLAGHER-MUNDY



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