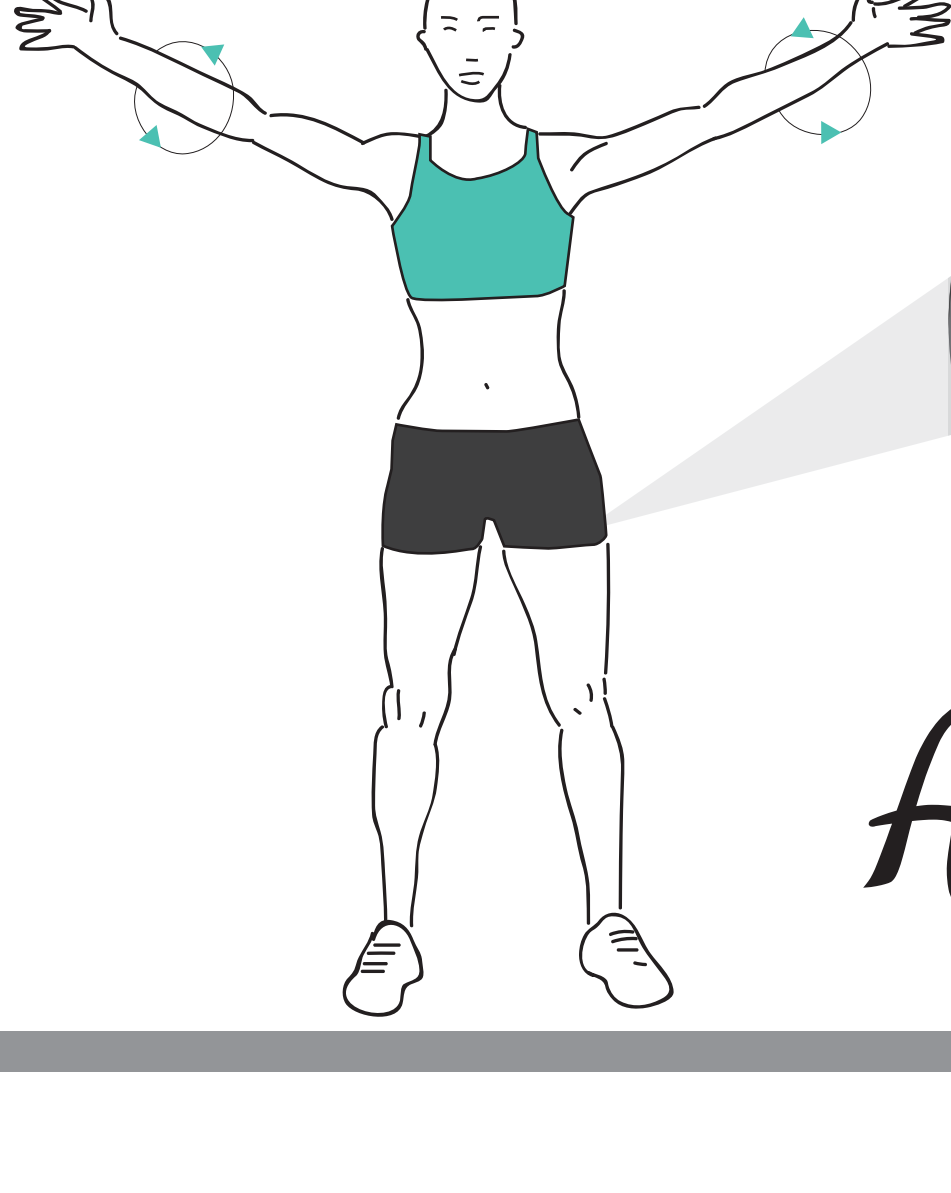




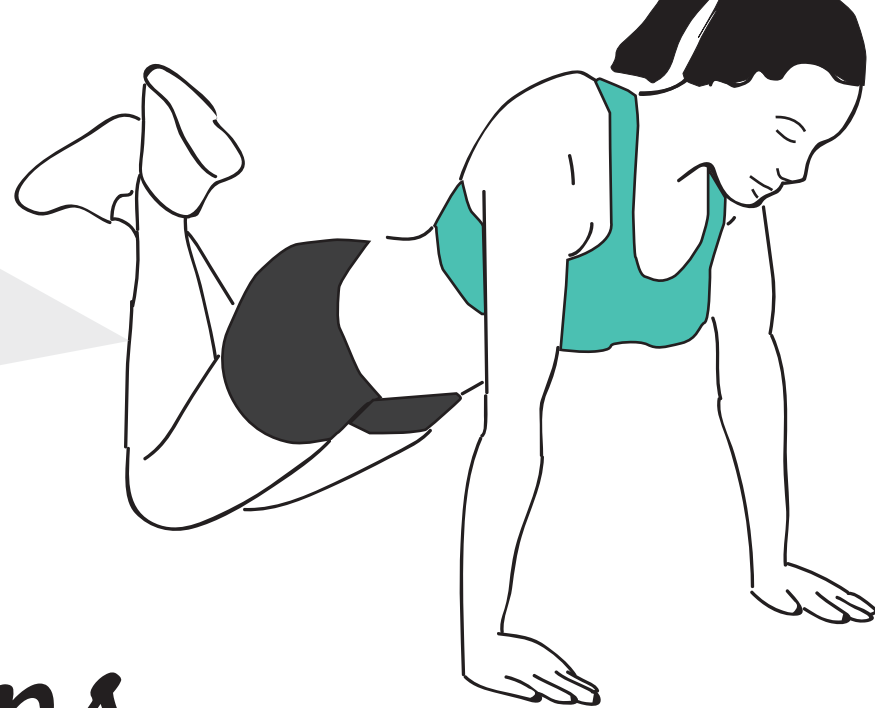
change IN seconds

MOTIVATION TO LOSE WEIGHT

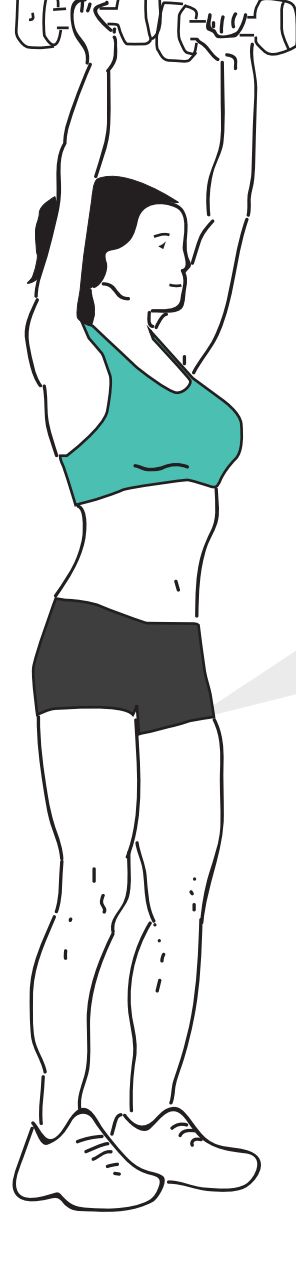
Workout Your Arms In 3 Minutes Flat



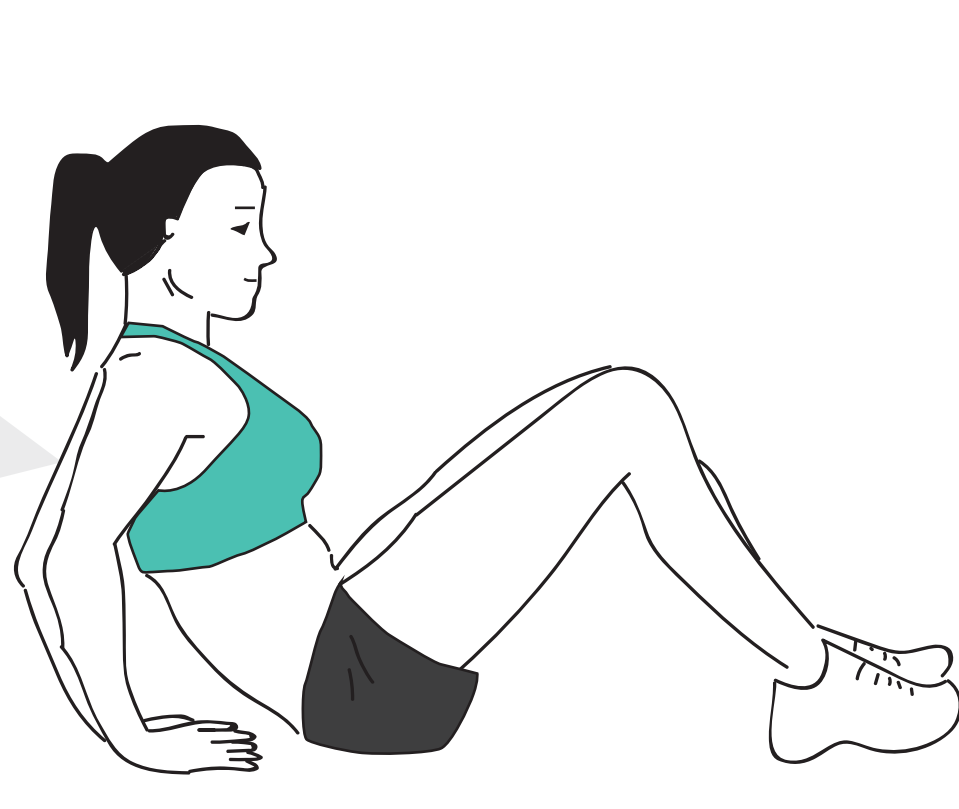
Arm Circles



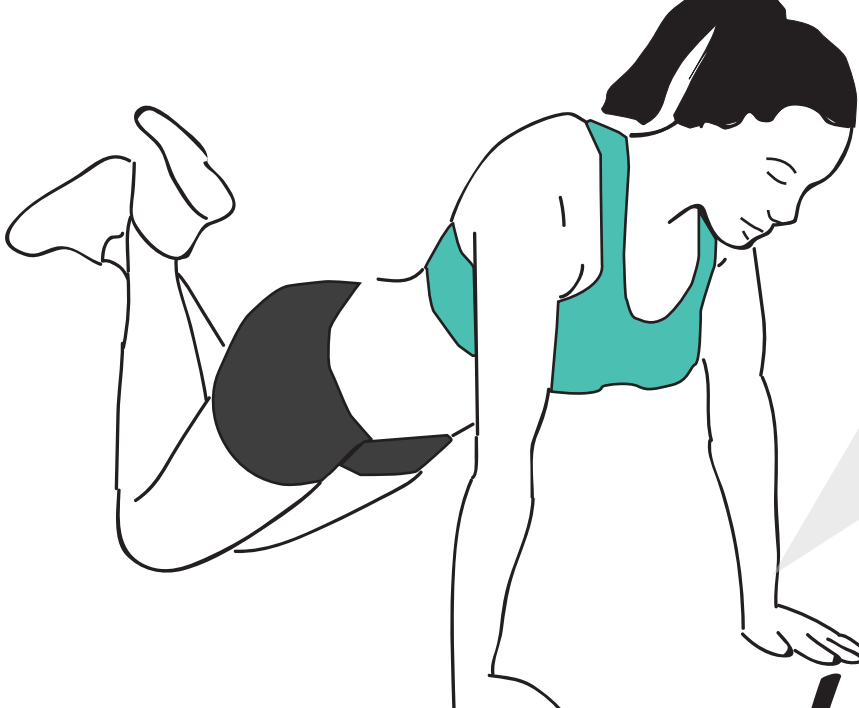
Knee Push Ups



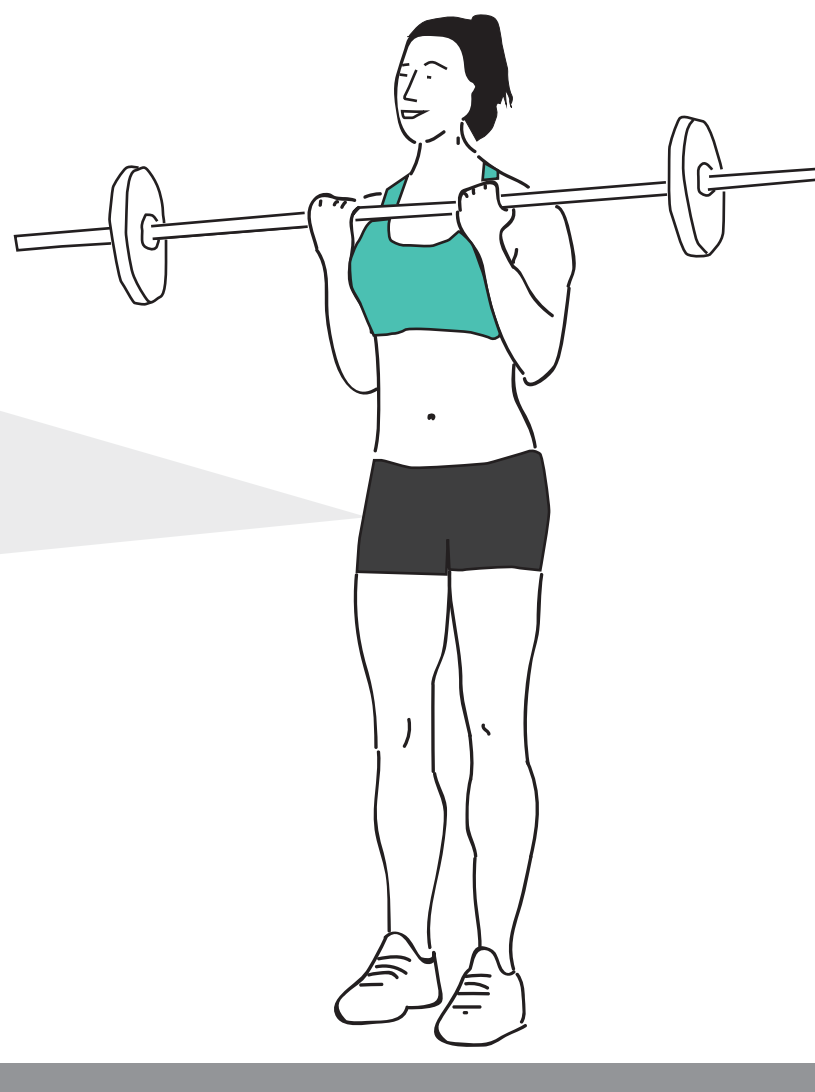
Overhead Press



Floor Tricep Dips



Knee Push Ups



Bicep Curls

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