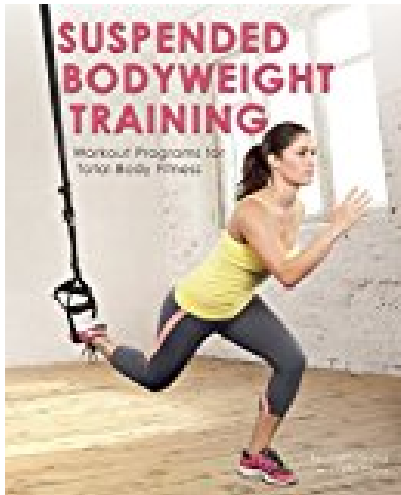


# Suspended Bodyweight Training Workout Programs for Total-Body Fitness

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## BOOK DETAILS

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