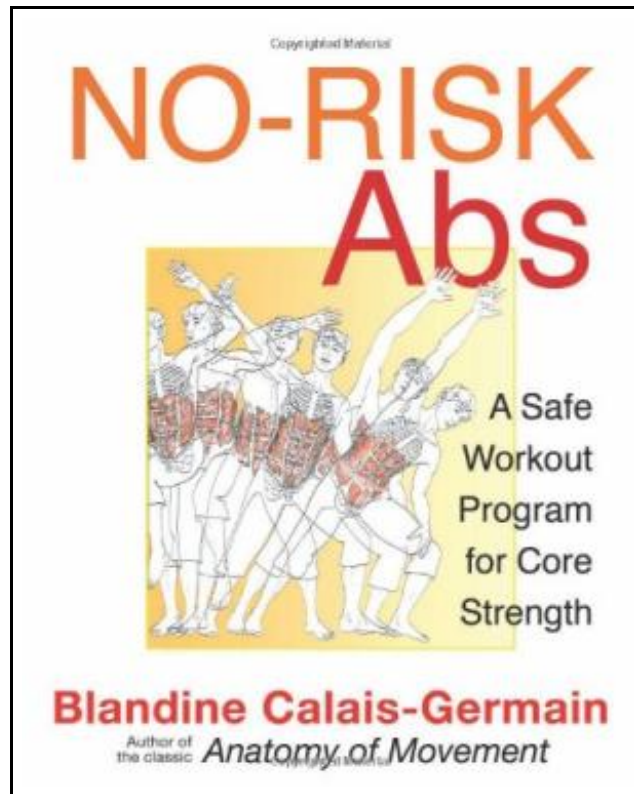


## No-risk Abs: A Safe Workout Program for Core Strength



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