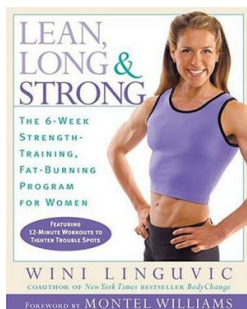


## Lean, Long & Strong: The 6-Week Strength-Training, Fat-Burning Program for Women



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