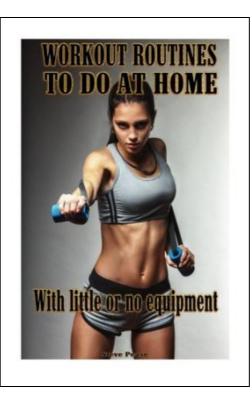
## Workout Routines to Do at Home: With Little or No Equipment



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