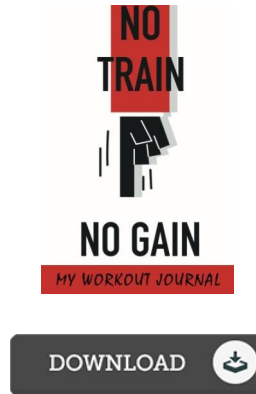


## My Workout Journal: No Train No Gain, 6 X 9, 50 Daily Workout Logs



### Book Review

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