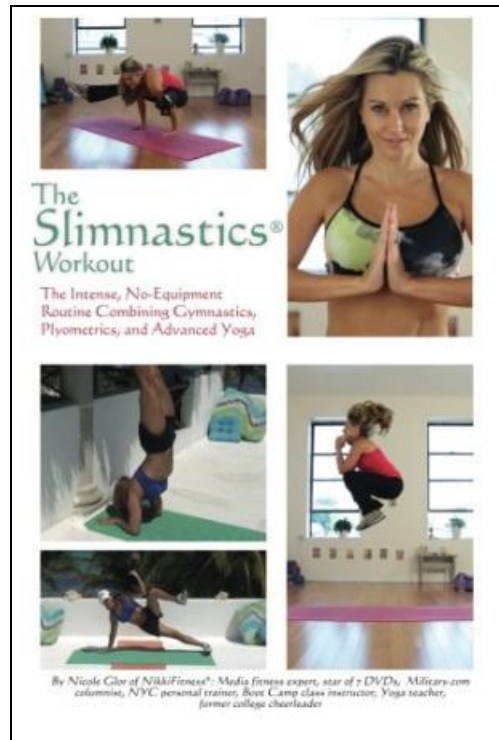


## The Slimnastics Workout: The Intense, No-Equipment Routine Combining Gymnastics, Plyometrics, and Advanced Yoga



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## THE SLIMNASTICS WORKOUT: THE INTENSE, NO-EQUIPMENT ROUTINE COMBINING GYMNASTICS, PLYOMETRICS, AND ADVANCED YOGA

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