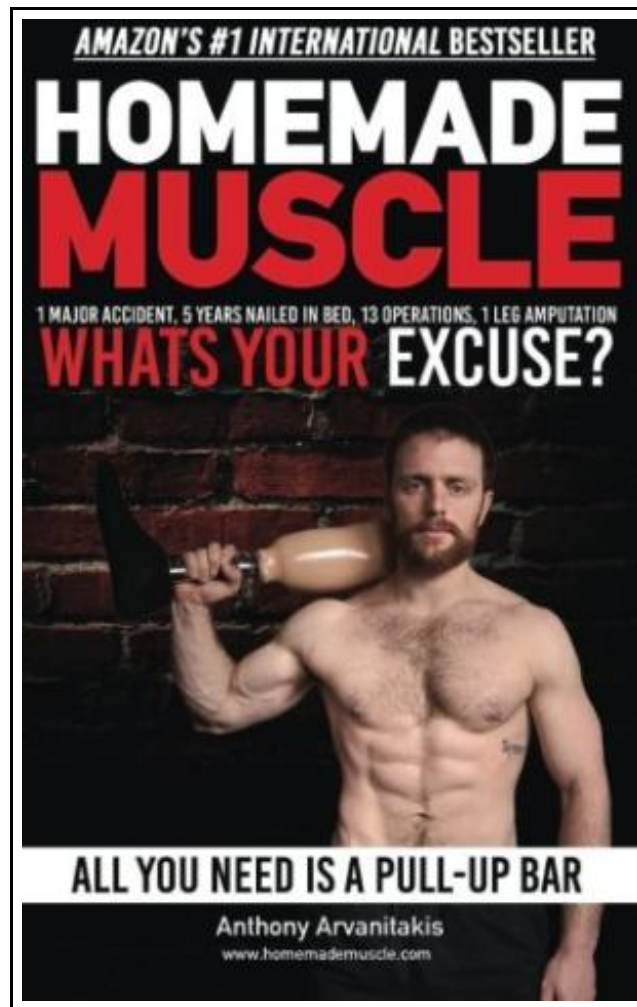


## Homemade Muscle: All You Need Is a Pull Up Bar (Motivational Bodyweight Workout Guide)



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