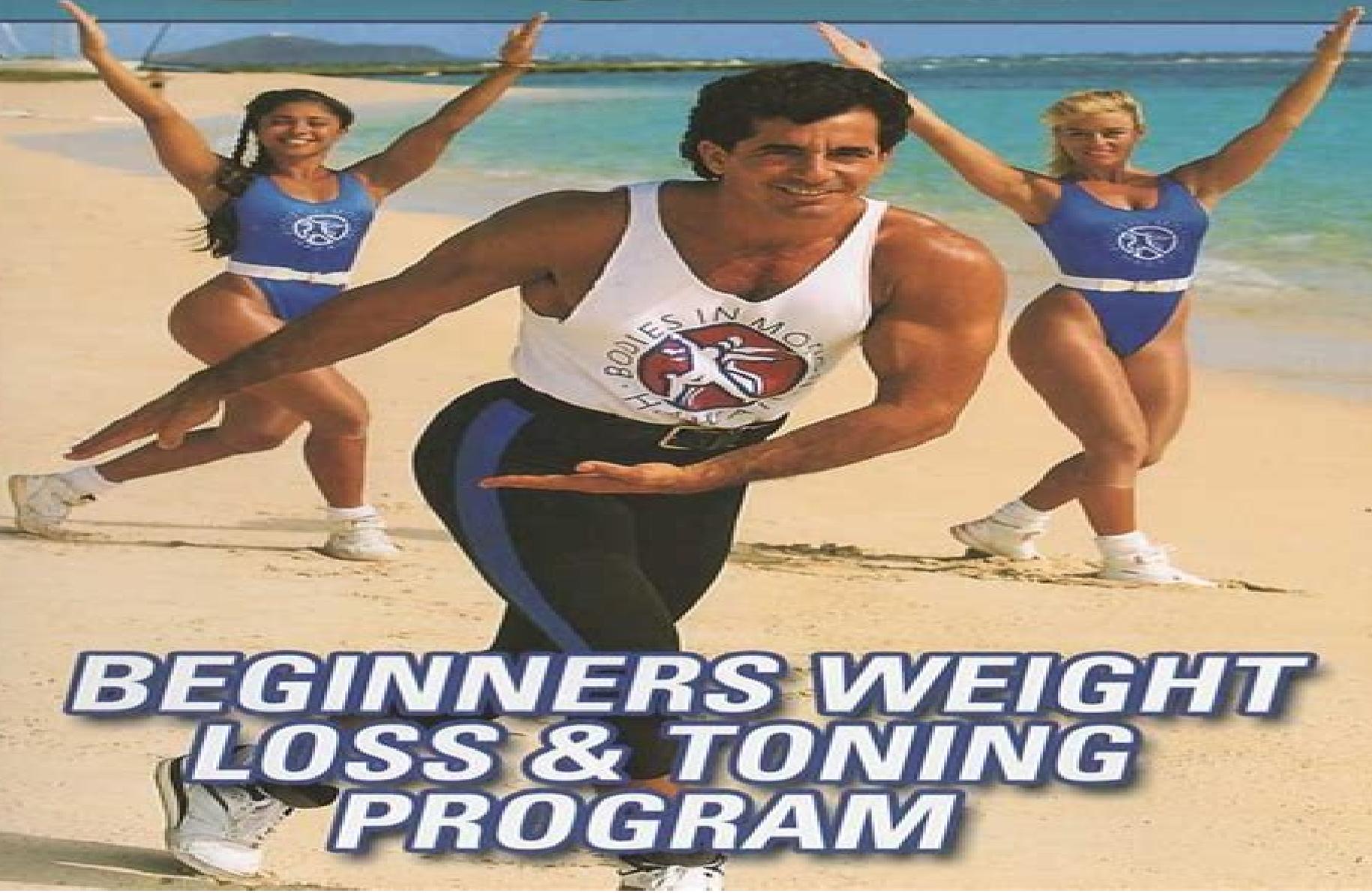




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## BEGINNERS WEIGHT LOSS & TONING PROGRAM

# Gilad New Beginners Workout

**L Darling-Hammond**



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