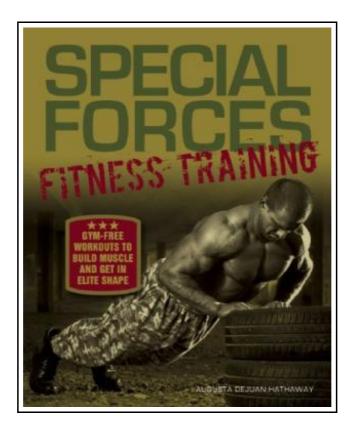
### Special Forces Fitness Training: Gym-Free Workouts to Build Muscle and Get in Elite Shape



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