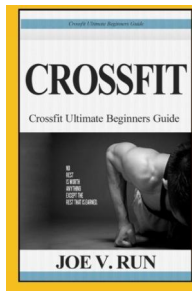


## Crossfit: Crossfit Ultimate Beginners Guide (Crossfit for Beginners, Wod, Crossfit Workouts, Home Work Out, Body Weight Training



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