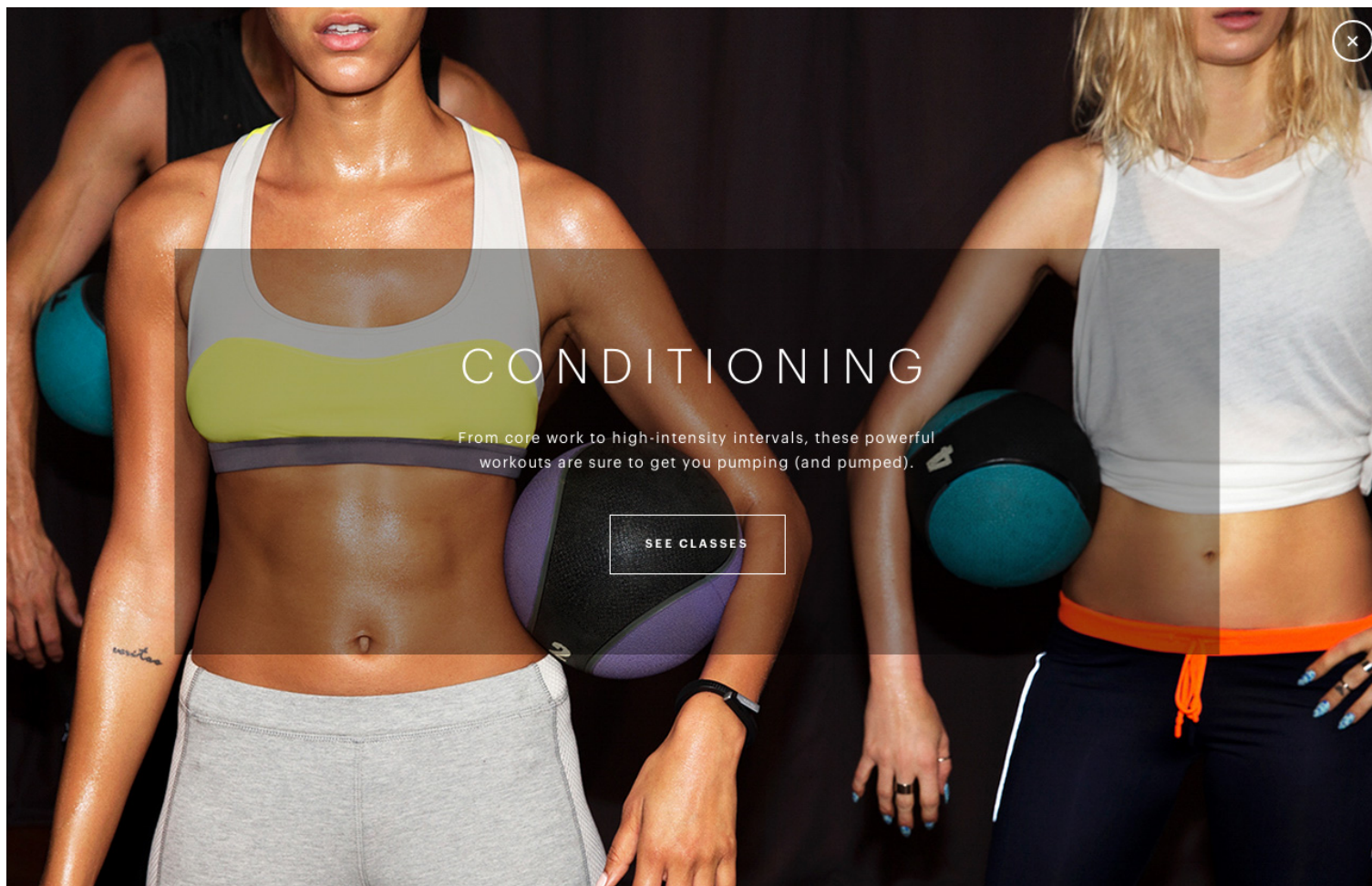




CONDITIONING

From core work to high-intensity intervals, these powerful workouts are sure to get you pumping (and pumped).

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