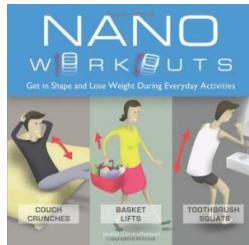


## Nano Workouts: Get in Shape and Lose Weight During Everyday Activities



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