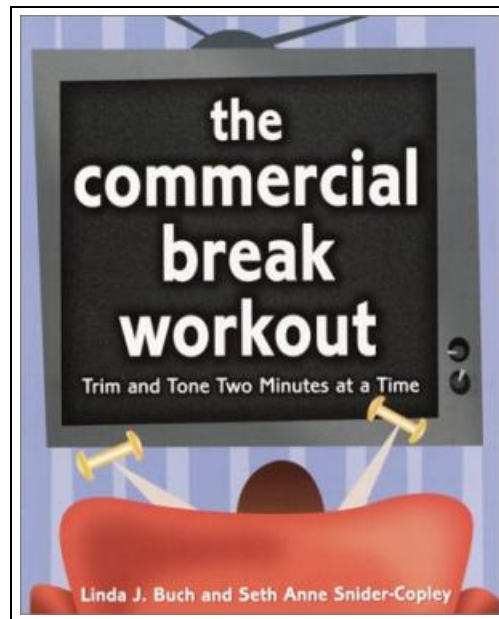


## The Commercial Break Workout: Trim and Tone Two Minutes at a Time



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