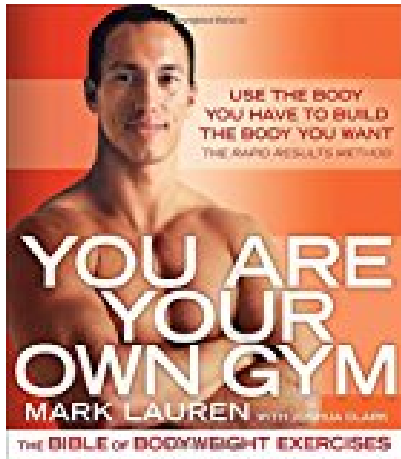


# You Are Your Own Gym The Bible of Bodyweight Exercises

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## BOOK DETAILS

- Author : Mark Lauren
- Pages : 192 Pages
- Publisher : Ballantine Books
- Language : English
- ISBN : 0345528581

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## BOOK SYNOPSIS

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