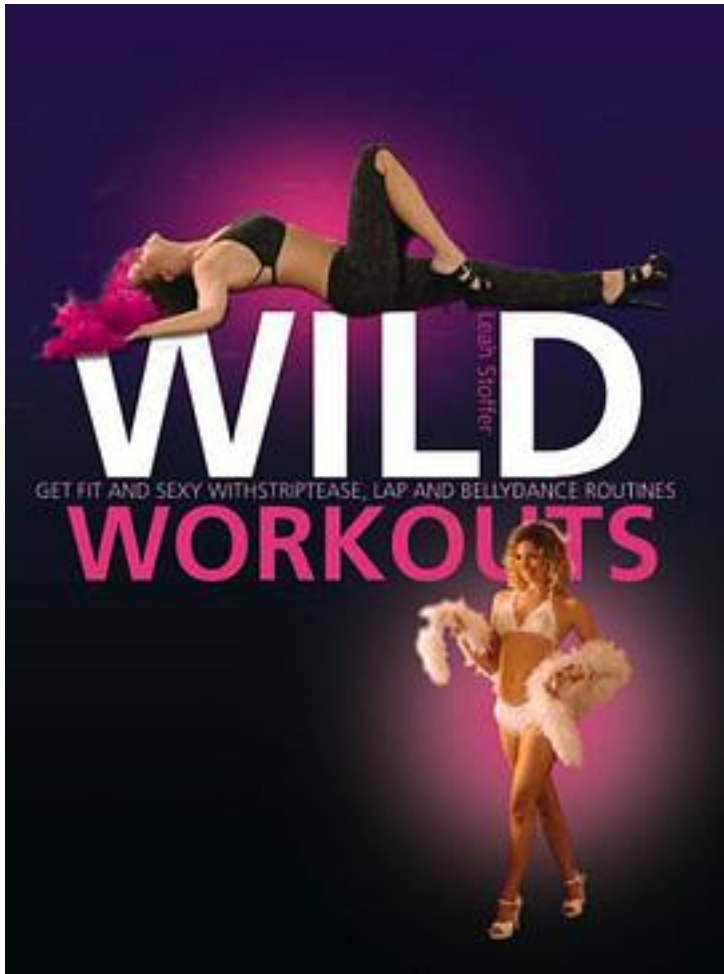


Wild Workouts



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Limber up for life with this seductive guide to all the right moves to tone up your body. The latest trend in urban gyms, classes are based on exotic dancing and pole dancing

and are fun and a sleaze-free way to get fit and boost confidence.

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