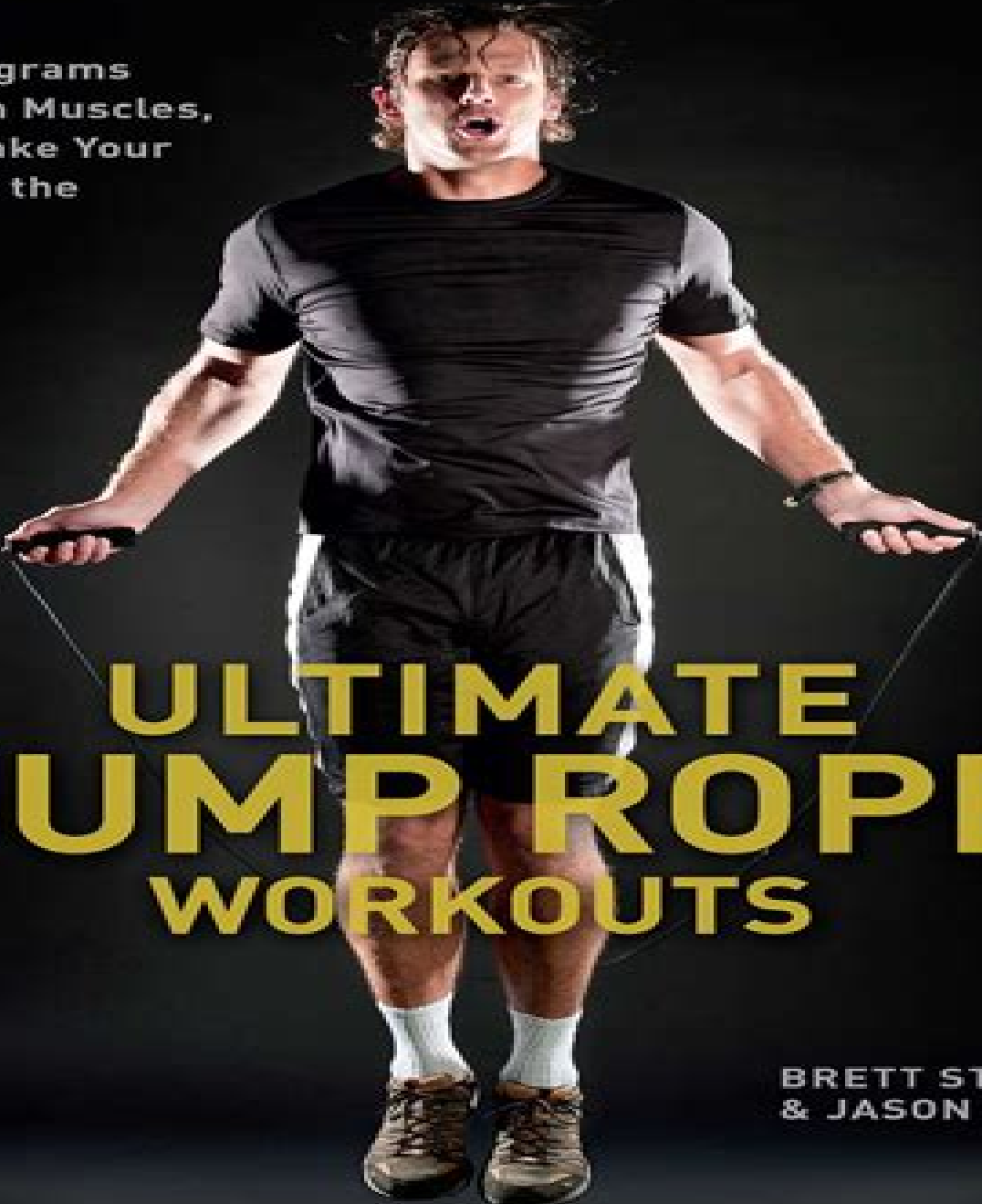


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to Strengthen Muscles,
Get Fit and Take Your
Endurance to the
Next Level

A man with long hair, wearing a black t-shirt and black shorts, is jumping rope. He is holding the handles of the rope with both hands, and the rope is forming a loop around his legs. He is wearing white socks and brown sneakers. The background is dark.

ULTIMATE JUMP ROPE WORKOUTS

BRETT STEWART
& JASON WARNER

Ultimate Jump Rope Workouts Ultimate Jump Rope Workouts

Jessica J Manson



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