

A black and white photograph of a person's upper body, specifically their arms and shoulders, as they perform a bicep curl with a dumbbell. The person is wearing a dark tank top. The background is dark and out of focus.

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# Ultimate Home Workout Plan Bundle

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Targosz is a certified lifestyle fitness expert and President and founder of STARGLOW Production Inc She is also a motivational speaker who has appeared on numerous radio and TV shows

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