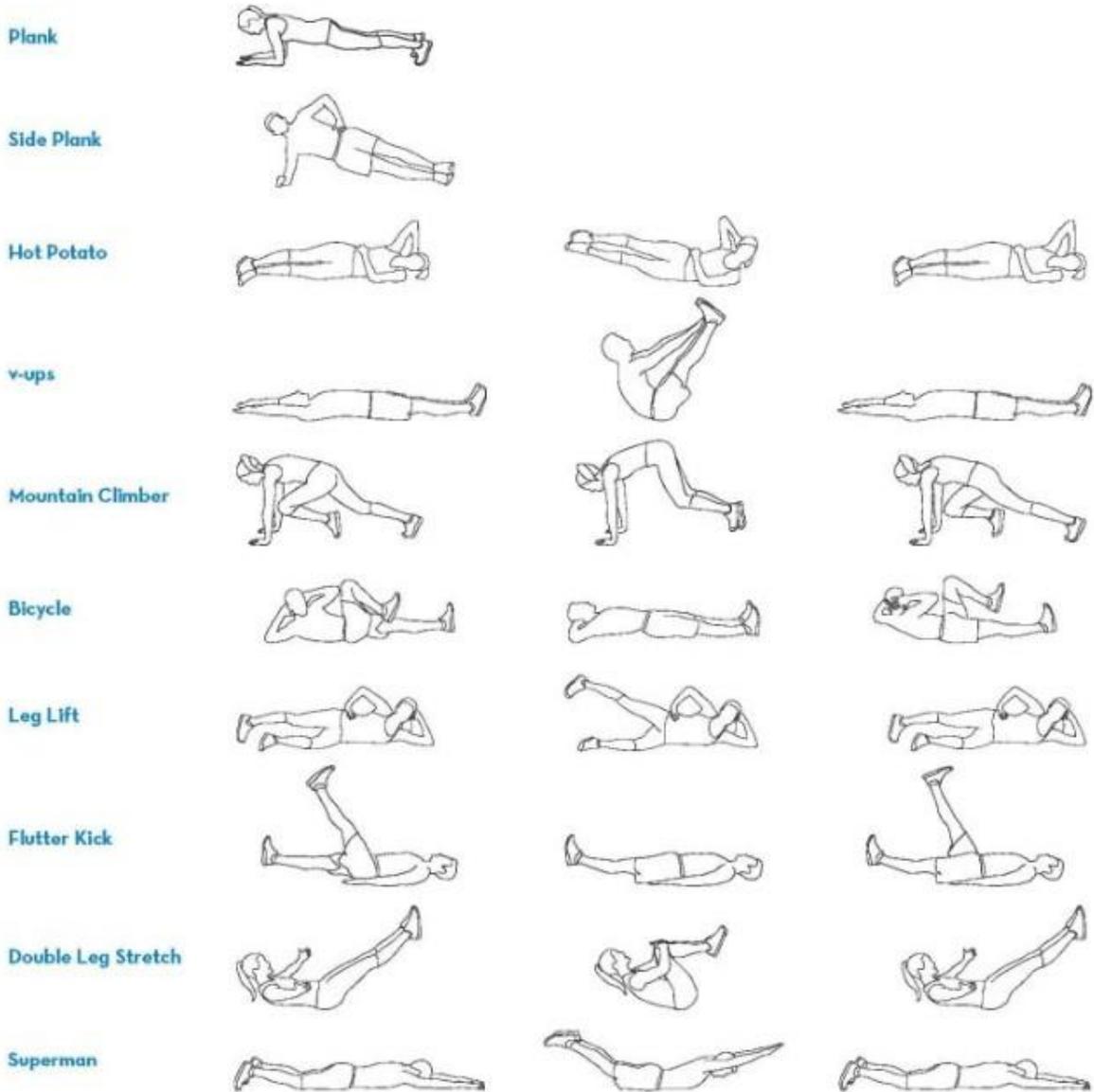


10 EXERCISES YOU CAN DO AT HOME TO GET FIT.



Useful Links:
[Take A Deep Breath](#)