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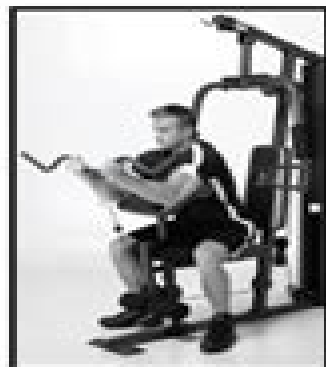
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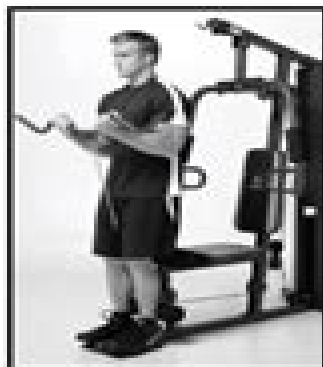
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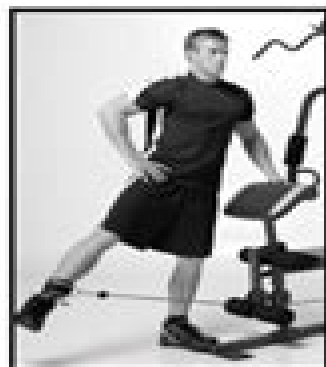
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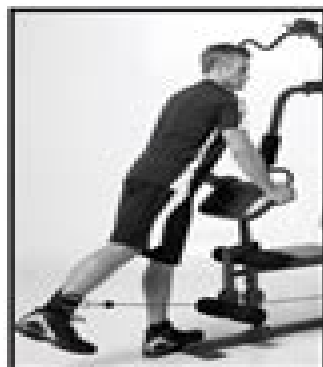
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# Multi Gym User Guide

**Brendan G. Carr**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## Multi Gym User Guide:

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