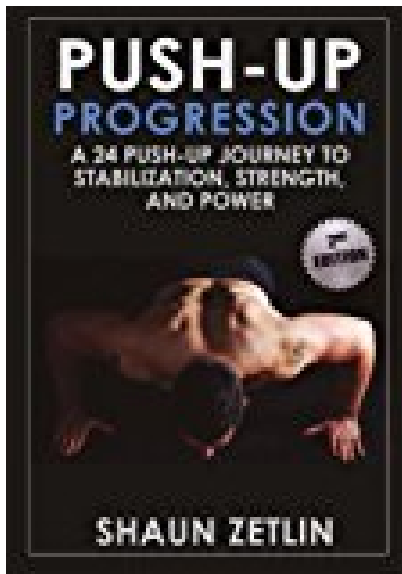


Push-up Progression A 24 Push-up Journey to Stabilization Strength and Power



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