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Fitness Books |

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(No-equipment
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Beginner Full
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Workout Program

| **5 steps** *Reddit*

Bodyweight

Fitness Move

Routine Phase 1:

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Calisthenics

Workout for

Beginners at

Home **The PERFECT**

Page 7/98

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**Calisthenics
Workout for
Muscle Gains!**

**THE PERFECT
CALISTHENICS
WORKOUT - FROM
MONDAY TO SUNDAY**

Which

Calisthenics

*Program is Right
for You?*

Beginner

Calisthenics

Program | Day 1

Page 8/98

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~~Full Body~~

~~Calisthenics~~

~~Workout Routines~~

~~FULL BODY~~

~~GUIDE (incl.~~

~~Warm up/Alternat
ives/Progression~~

~~Female~~

~~Calisthenics~~

~~WORLD~~

~~CHAMPIONSHIP~~

~~2015 [HD] 4-Week
Body~~

~~Transformation~~

~~Page 9/98~~

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Workout You

Should Try! 5

Calisthenics

Skills Beginners

Can Learn at

Home (No

Equipment) How

to progress FAST

in Calisthenics

- 5 METHODS 17

YEAR OLD

Incredible 1

Year

Calisthenics

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Body Calisthenics

Transformation!

- No Gym

*(Bodyweight
Only)*

~~Calisthenics~~

~~FULL BODY~~

~~workout | Stipke~~

How To Start

Calisthenics |

Full Beginners

Bodyweight

Workout Guide

and Routine

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Ultimate Guide -
Calisthenics

Isometrics 1.5

*Years of Convict
Conditioning--re
sults and*

progress **Best**

Calisthenics

Exercises For

Beginners (at

home, no

equipment) THE

SECRET BOOK OF

CALISTHENICS

Page 12/98

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The Perfect
Calisthenics

Workout | FULL
BODY!! ~~How to
start~~

~~Calisthenics +
COMPLETE~~

~~BEGINNER GUIDE~~
Beginner

~~Calisthenics
Workout At Home
(Full Routine)~~

How To Start
Page 13/98

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*Calisthenics at
Home for
Beginners (No
Equipment)* **START
Calisthenics
With This 30
DAYS Workout!**

The PERFECT Home
Workout (Sets
and Reps
Included)

**Overcoming
Gravity Review:
Does It Live Up**

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To The Hype?

Complete

Calisthenics

Routine

Calisthenics

Exercises To

Achieve The

Muscle-Up

Straight bar

dips. Straight

bar dips work on

the push part

that is needed

above the

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Calisthenics
Routine

transition.
Although they
are the...

Explosive pull-
ups (pullouts).
Often called
pullouts, the
aim of this
explosive pull
up is to
practice getting
your body... ..

A Complete List

Page 16/98

Download Free Complete

of Calisthenics Exercises (With Videos!)

8 Calisthenics
Exercises for
Beginners
Exercise
routine. Perform
the following
exercise circuit
three times,
with a 30-second
rest between
each exercise

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Calisthenics

set, ... 10

pullups. Stand
facing an

exercise bar.

Grasp the bar

from the top

with your arms

slightly more

than shoulder-

width... 10 chin-

ups. Stand ...

8 Calisthenics

Workouts for

Page 18/98

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Beginners

Calisthenics

(also known as

'street

workout') is a

form of

bodyweight

training. This

type of training

involves minimal

equipment and is

intended to

increase

strength,

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Calisthenics
Routine
fitness and
flexibility
through

different
exercises.

Common exercises
are: chin ups,
push ups,
squats, dips and
leg raises.

Using bodyweight
and gravity as a
primary source
of resistance.

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**The Essential 6
Month**

**Calisthenics
Workout Plan |
Bar ...**

Complete
Calisthenics
Routine
Conclusion On
Calisthenics
Workouts. There
we have it; a
complete guide

Download Free Complete

on Calisthenics.
Hopefully, this
guide has helped
teach you what
Calisthenics is
and how it can
help you become
lean and boost
your muscle. The
exercises above
are a good solid
routine for any
beginner to try
their hand at.

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Complete

Calisthenics

Routine - orrisr

restaurant.com

Obviously, it's harder to start out as a complete beginner, but rest assured, calisthenics can and will make the difference

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Calisthenics Routine
for you if you
put in the hours
and effort. Just
like any other
fitness
programs, “
Calisthenics for
Beginners ”
programs require
a bit of self-
discipline and a
lot of will to
get better at
day-to-day life.

Download Free Complete Calisthenics

**Ultimate Basic
Calisthenics**

**Workout Routine
| BWTB**

If so, Complete Calisthenics is the book for you. Using solely their bodyweight for resistance and relying on minimal

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Calisthenics
equipment,

readers will

learn how to

perform a range

of exercises,

such as push-

ups, pull-ups,

core exercises,

and lower body

exercises.

Complete

Calisthenics:

The Ultimate

Page 26/98

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Bodyweight ...

Open your hand wide and use the fingertips of one hand to grip the floor in front of you.

One of the hands will be used to balance your body. Fold your legs and put your whole body

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weight on the
palms by lifting
your body in the
air. Next, you
can use one hand
to hold one of
your legs.

227+

Calisthenics Exercises Using Only Your Body Weight

Workout #3:

Page 28/98

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Advanced Calisthenics

Calisthenics

Routine

Circuit Routine.

Perform each

exercise for 30

seconds

straight. Do NOT

rest between

exercises.

Complete 1

round. 1. Hold a

handstand for 30

seconds You can

do the handstand

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using a wall for support. Place your hands about six inches back from the wall and get into a downward dog pose.

**The Ultimate
Calisthenics
Workout Plan |
Onnit Academy**
Calisthenics

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Calisthenics
Routine

workout for
beginners Once
you've tested
out the
beginner's
exercises and
are happy with
them, put them
into a complete
routine with
this
calisthenics
workout for
beginners.

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Calisthenics
Perform 2...

Routine

Calisthenics:

**Everything You
Need To know**

It's

complicated—and
maybe even a
little silly—but
burpees are one
of the best
exercises for a
reason: They
work. Start in a

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Calisthenics

standing
Routine
position, squat
down and put
your hands on
the ground, kick
your feet out
and do a push-
up. Tuck your
feet back under
you, and spring
up out of your
crouch with a
leap. That's a
burpee.

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The 7 Best

**Exercises for a
Full-Body**

Workout | ACTIVE

1. Lunges Start by standing with your feet shoulder-width apart and arms down at your sides. Take a step forward with your right

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leg and bend
your right knee
as you do so,
stopping when
your thigh is
parallel to...
Push up off your
right foot and
return to the
starting
position. Repeat
with your left
...

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10 Best Calisthenics Exercises for Everyone - Healthline

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The Ultimate
Guide To

Bodyweight

Exercise. This

book shows you

how to build

strength, power,

athleticism, and

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astounding
physical ability
Routine
using only your
bodyweight as
the resistance.

Relying on
virtually no
equipment, this
book promises to
be the most
comprehensive
and detailed
bodyweight
exercise manual

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Complete
Calisthenics
Routine
on the market
today.

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The Ultimate
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Bodyweight ...**

Feet close and
pointing forward
will target the
outer head. Feet
far apart and
pointing out

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will target the
inner head.

Also, when doing
any calf raise,
you can press
off either the
smaller toes, or
the bigger toes.
The bigger toe
will hit the
inner head, the
smaller toes
will hit the
outer head

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Routine

**What Is The Best
Calisthenics
Workout? |**

Bodybuilding.com

The exercises in the routine are arranged as such so each muscle group won't be fatigued as much rather than putting first

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push-ups then
bench dips next
and pull-ups and
chin-ups in the
succeeding
exercise. Never
forget the basic
golden rules
when performing
every exercise

**The Ultimate
Full Body
Calisthenics**

Page 41/98

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Workout | BWTA

Complete
Calisthenics
Workouts & Guide
with Exercises &
Routines for ALL
Muscle Groups.
Basic/Beginner
level of
Calisthenics &
Bodyweight
training. How to
st...

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(Beginners) -
Complete Workout

...

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The Ultimate
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Bodyweight
Exercise. This
book shows you
how to build
strength, power,

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astounding
physical ability
using only your
bodyweight as
the resistance.

Complete Calisthenics - The Ultimate Guide To Bodyweight ...

Why do mediocre
exercises, when

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Routine

you can do the
best exercises?
You already have
an awesome
workout
template, now
you need some
exercises to
fill it in..
Today, we will
go over the
complete list of
compound
exercises you

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Calisthenics Routine
need to do to
get amazing
results.. Each
compound
exercise will be
listed by the
body part, and
it will include
an instructional
video.

**The Complete
List Of Compound
Exercises You**

Page 46/98

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Need To Do [46

••• Routine

Start with your feet shoulder-width apart and squat down until your thighs are parallel to the floor. From the bottom of the squat, place your hands on the floor and kick your legs

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Use these
powerful
techniques to
increase
bodyweight

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strength
Calisthenics

Routine
Greetings, My
name is Arnold
Yates and I am a
Doctor and a
bodybuilder. I
have a PHD in
exercise
physiology. The
reason I created
this book is
because I don't
want people to
go through what

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I went through.
Decades of
learning, trial
and error is
compressed into
this book. My
goal is to
spread valuable
information to
the mass media
so that people
can improve
their health &
wellness. Get

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Calisthenics Routine
this book to cut
your learning
curve and get
the body you
want in a
shorter amount
of time. Are you
looking to lose
fat and build
muscle, create a
lean toned body?
If so, a
Calisthenics
workout is right

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for you. THIS
BOOK will show
you how to build
strength,
muscle,
athleticism, and
astounding
physical ability
using only your
bodyweight as
the resistance.
No equipment
needed, this
book is the most

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Complete

Comprehensive

and detailed

bodyweight

exercise manual

on the market

today with

pictures

included. Some

of the content

are: Calisthenic

exercises (Upper

body, Lower

Body, Core)

Flexibility

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Supplementation

What others are
saying: "If

you're a

beginner or an

expert, this

book can help

you out"-Mark

Chang (Personal

Trainer) "Best

book on the

market about cal

isthenics"-Zack

Fire (GYM

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Owner)"I like my
progress"-Michael
Oliver (

Accountant)" I
will give this
to my street
workout
buddies"John

Rock

(Mechanic)Do you
want to obtain
the physique you
want in less
amount of

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work? Do you want
to lose fat
faster? Do you
want to look
good in any type
of clothing? Do
you want to feel
good and develop
more
confidence? Do
you want to be
the street
workout
guru? Then this

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you will get
results!

"A detailed,
comprehensive
bodyweight
exercise guide
that includes
step-by-step
exercise
instructions,
over 500

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nutritional

advice with

simple-to-follow

diet plans, and

programs created

to suit

individual

needs"--

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CALISTHENICS

TRAINING FOR

TRIATHLON is a

Page 58/98

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Calisthenics

simple,
effective and
awesome way to
work out your
whole body. From
legs, back and
chest, to abs
and arms, we've
covered
everything with
body weight
exercises and
body weight
workouts. Using

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Routine
no machinery,
just your own
bodyweight you
will cycle, run
and swim at your
best ever.

Calisthenics are
currently the
latest trend in
fitness training
and for obvious
reasons: -

Affordable: No
need to spend on

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gymnastics or
Calisthenics

machinery -

Convenient: You
have the

flexibility to
train anywhere
and anytime -

Privacy: No
crowds, and no
one to interrupt
your training -

**Guaranteed
Results:** Every
exercise uses

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multiple muscle groups, gets your heart rate pumping and burns heaps of calories. If your goal is to stay healthy and lean, training and the proper diet are essential to succeed. In this book you will

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find included 50
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Routine
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complement your
workouts.

Achieve your
fitness goals
with
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or gym required
Gain strength,
mobility,

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endurance, and
flexibility
using simple
body movements
and nothing more
than your own
weight.

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Beginners
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that won't
require massive

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sacrifices to
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intensity as you
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understanding of
this

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guidelines for
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workout routine
that fits your
personal goals
and lifestyle.
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the workout of
choice for

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sports stars.

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levels--Endlessl
y adjustable and
customizable
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you where you
are and serve
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your whole body
with a series of
simple movement

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modifications,
and variations
you need to keep
it interesting,
challenging, and
engaging. The

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myth that

getting fit
requires a gym,
a trainer, and
even weights has
been disproven--
calisthenics is
the physical
conditioning way
of the future.

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#1 Bodyweight
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same old workout
plan? Hit a
brick wall in
your progress?
Want to SHOCK

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something NEW?
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effective
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program. This is
a beginners
guide to
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exercises
GUARANTEED to
get RESULTS.

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closer look. The
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we're #1 we
really mean it!
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peak of what's
inside: How

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shredded How to
transition from
beginner >
intermediate

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level smooth and
fast. Every
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exercise into
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are precise

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for numbers of
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book,
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who wants to
stay fit and
active

especially while
at home and
without any
equipment. You
can stay at home
and not have to
worry about
going to the gym
or purchasing
any
equipment. The

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book contains
several workout
routines with
different
difficulty
levels
(beginner,
intermediate and
advanced). The
routines empower
you to gain
control and
improve your
fitness level

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while having fun
at the same
time. The variety
of routines is
very rich and
you can flip
through the book
to pick a number
of workouts that
suit your body
type and workout
at your own
pace. With this
book, Staying

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Fit and Body
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even while
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to... Having a

well-formed body

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with the right
amount of body
fat takes a lot
of hard work and
commitment; this
is something
none can
dispute. What we
can dispute,
however, is the
fact that to get
that nice toned
body you need to
spend thousands

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of hours in the
gym 'hitting'
weights as if
your life
depended on it.
We live in a
world where to
make ends meet,
the conventional
person has to
work a 9-5 job-
sometimes even
multiple jobs-
not to mention

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the many hours
we spend in
transit or stuck
in traffic jams-
the average
person loses 42
hours a year to
traffic jams. As
such, making
time for the gym
may not be
feasible. Does
this mean that
just because you

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Routine

cannot make your way to the gym, you should let the fat accumulate and the muscles waste away? Definitely NO! While strength training is an ideal way to sculpt your body and you should schedule some

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Consistent gym
time into your
schedule, if you
cannot make it
to the gym,
there are
exercises you
can practice to
enjoy the
benefits of
strength
training without
having to go to
the gym.

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Calisthenics is
one such type of
exercise. But

what are
calisthenics and
how can you get
started on the
practice? That
is the purpose
of this guide:
to show you how
to use
calisthenics to
sculpt a beach-

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worthy body that
you are proud
of. Here Is A
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