

A photograph of two women sitting on a concrete wall outdoors. The woman on the left has curly hair and is wearing a green and black athletic top. The woman on the right has her hair in a ponytail and is wearing a teal and black athletic top. They are both smiling and looking at each other. A semi-transparent dark grey box is overlaid on the image, containing white text.

9 Ways You Can Work Out Around the House

You Can Work It Out

J Rink



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