

A woman with dark hair in a ponytail, wearing a light blue tank top and colorful patterned leggings, is performing a lunge exercise in a gym. She is holding a grey weight plate with her right hand, resting it on the floor. Her left foot is on a grey step. The gym background features a rack of colorful exercise balls (black, teal, purple) and various pieces of equipment.

Cycling
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Cyber Monday Yoga For Beginners Tips

M Lipman

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

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