

A woman with blonde hair, wearing a blue tank top and blue leggings, is walking and holding two small purple dumbbells. She is smiling and looking towards the camera. The background is a bright room with large windows covered by white sheer curtains. In the top left corner, there is a red oval logo with the letter 'F'.

F.



15 MINUTE WALKING WORKOUT WITH DUMBBELLS

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Annelies Wilder-Smith



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