

A person is lying on their back on a black mat on a wooden floor, performing a dumbbell bench press. They are holding two black dumbbells with blue accents above their chest. They are wearing a dark blue t-shirt, dark leggings, and white socks. A tattoo is visible on their left forearm. In the background, there are large windows overlooking a cityscape. In the foreground, a pair of white sneakers and another dumbbell are on the floor.

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Strength Training For Beauty

**Thirumalaisamy P.
Velavancorresponding**



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