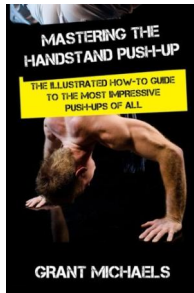


## Mastering the Handstand Push-Up: The Illustrated How-To Guide to the Most Impressive Push-Ups of All



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