

A muscular man with short dark hair is performing a pull-up on a metal bar. He is shirtless, showing his well-defined abdominal muscles and arms. He is wearing black athletic shorts with white drawstrings and a black wristwatch on his left wrist. The background is an outdoor area with a concrete wall and some debris on the ground. A white rounded rectangle with black text is overlaid on the center of the image.

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Small Business Fitness Simple Exercises For Entrepreneurial Health

Michael Brown



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