

A background image of three people in a gym. On the left, a man in a dark t-shirt and shorts is in a lunge, holding a red medicine ball above his head with both hands. In the center, a woman in a black sports bra and leggings is in a lunge, holding a yellow medicine ball above her head with both hands. On the right, a man in a light grey t-shirt and dark shorts is in a lunge, holding a black medicine ball above his head with both hands. The gym has large windows in the background, and the floor is dark wood. A large yellow diagonal graphic overlays the image.

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