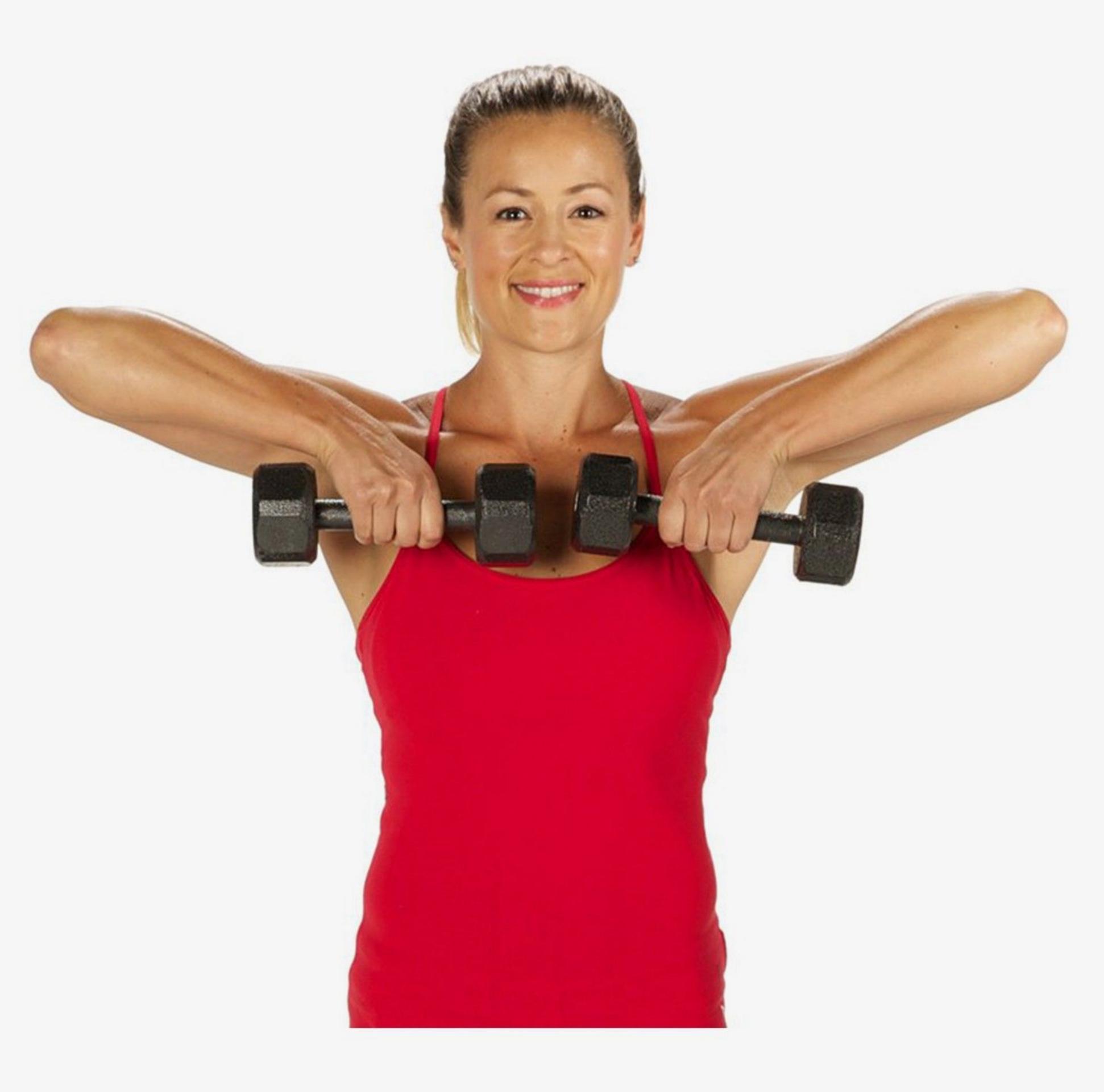
21-Day Arm Challenge



POPSUGAR.