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The Hips, Glutes, And Legs (Practical Yoga For Health)
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Smith-Cornman is an Ironman. I like to call her the Iron[wo]man. @WHIRLMagazine we are so excited for the yoga festival, the countdown is on for us!

Erin klegstad, author at anytime fitness blog

Anytime Fitness Blog. Think Outside the Yoga Studio Box; Legs You Can Lean On; and spends her free time chasing iron{wo}man finish lines.

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