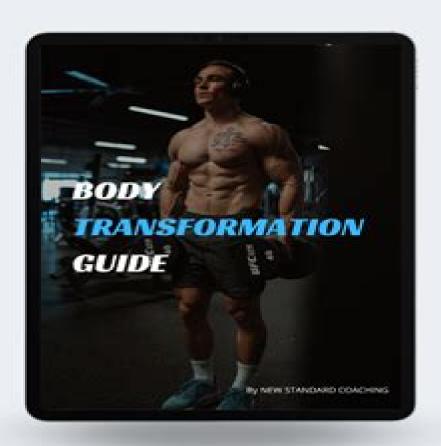
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LEARN HOW TO

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- Find your maintenance calories
- Design your macro breakdown
- Implement cardio effectively
- Overcome weight plateaus
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Body Transformation Guide

Ron Pierre, M. Johnson-Smith



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