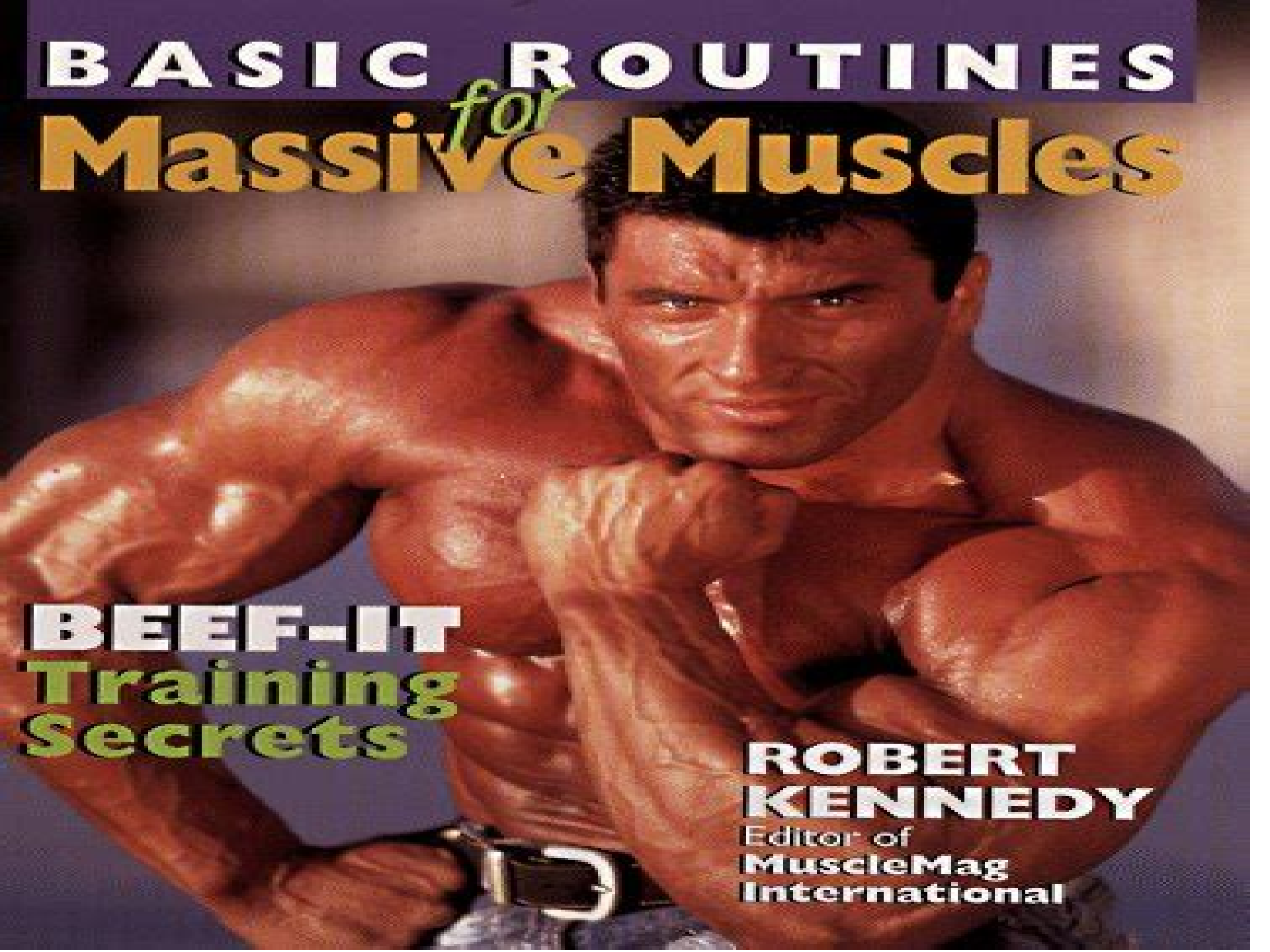


A full-page photograph of a male bodybuilder in a flexing pose, showing his chest, arms, and waist. He is wearing a black belt with a silver buckle. The background is a soft, out-of-focus light blue and white.

BASIC ROUTINES *for* **Massive Muscles**

BEEF-IT
Training
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Basic Routines For Massive Muscles Beef It Training Secrets

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