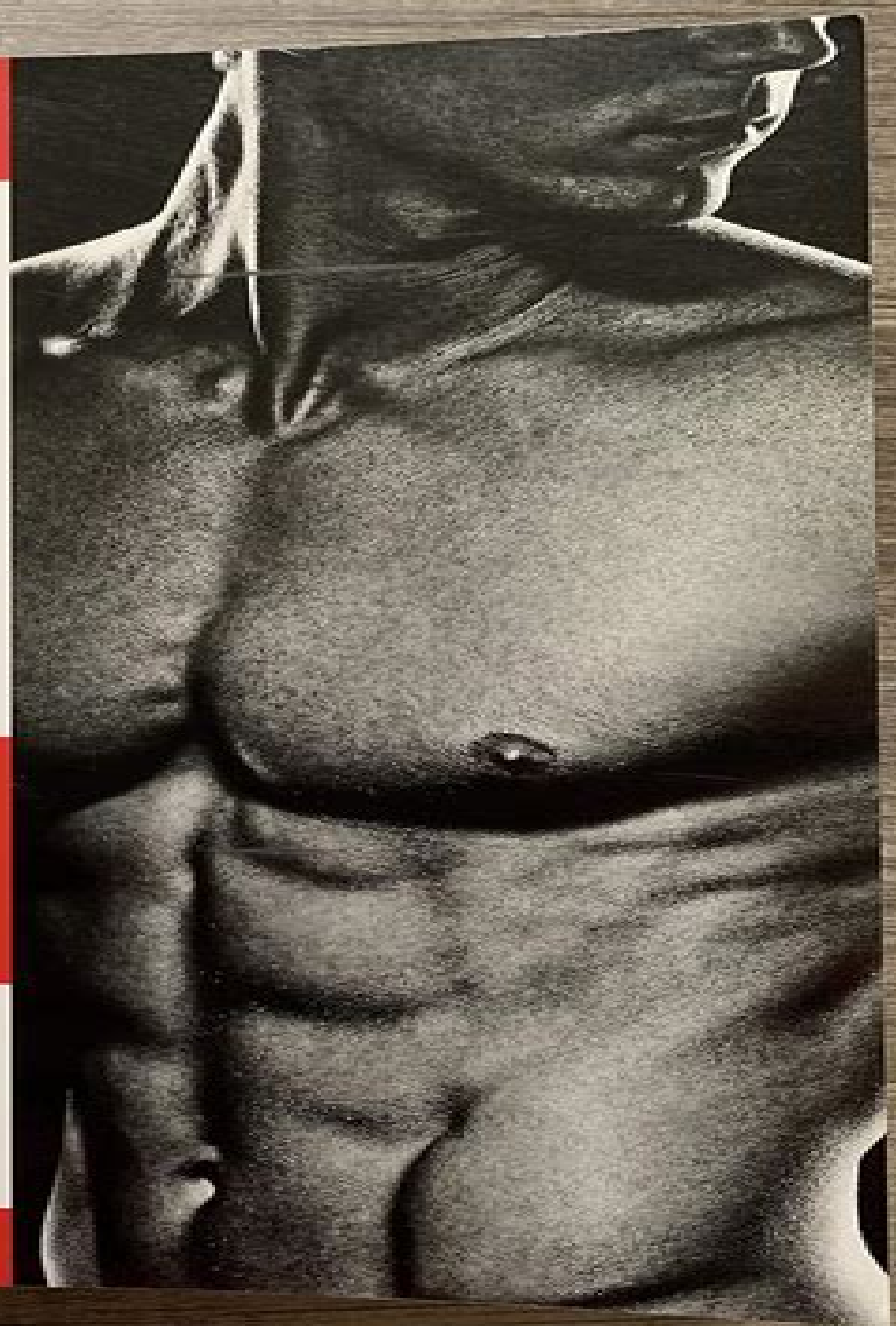


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Big Muscle Training Manual

Philip Maffetone

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