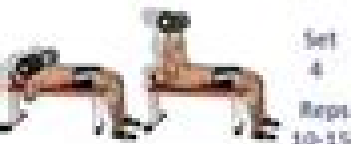


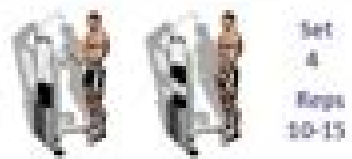
Monday



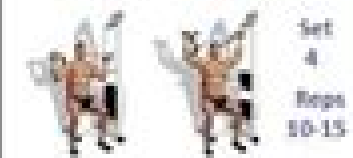
Tuesday



Wednesday



Thursday



Friday



Bodybuilding Workout Guide

Mark R. Hailey

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