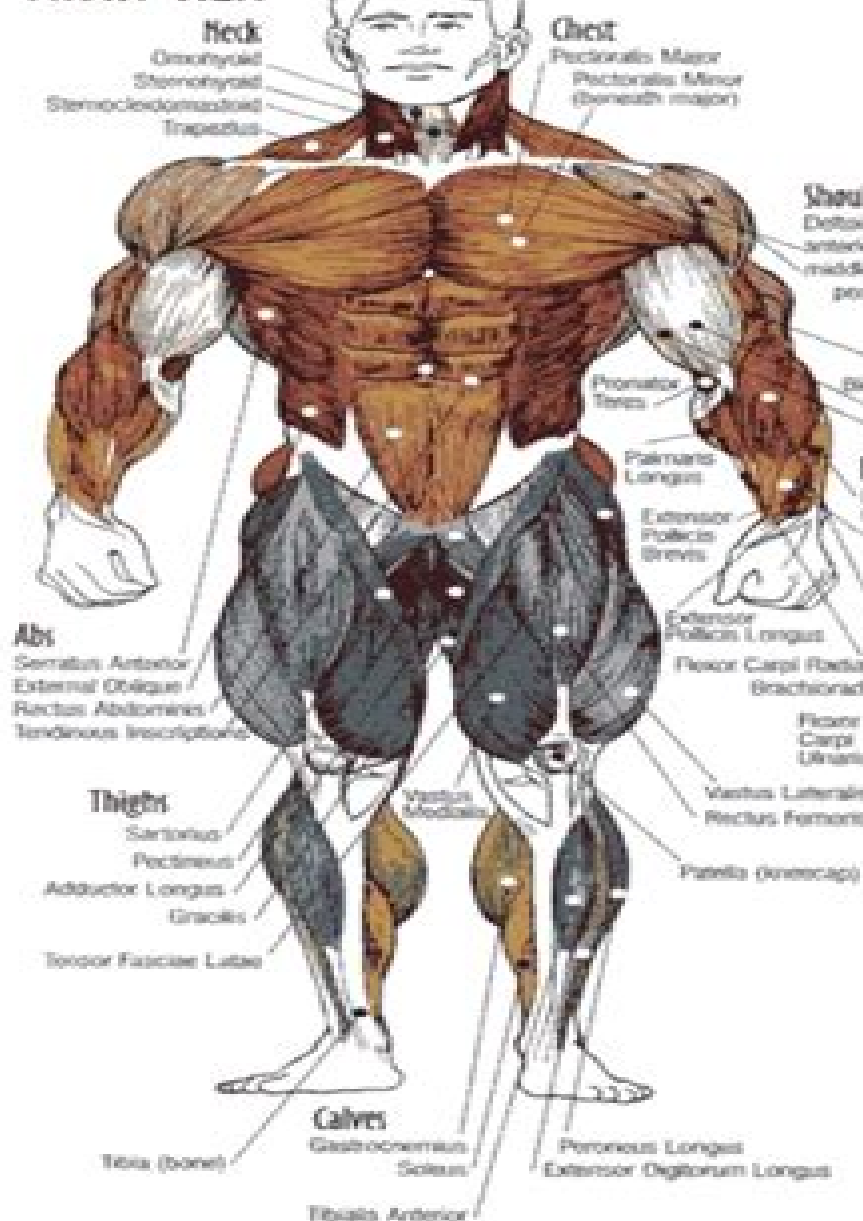


FRONT VIEW



BACK VIEW



Muscle Training Guide

Raffaela Di Napoli

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