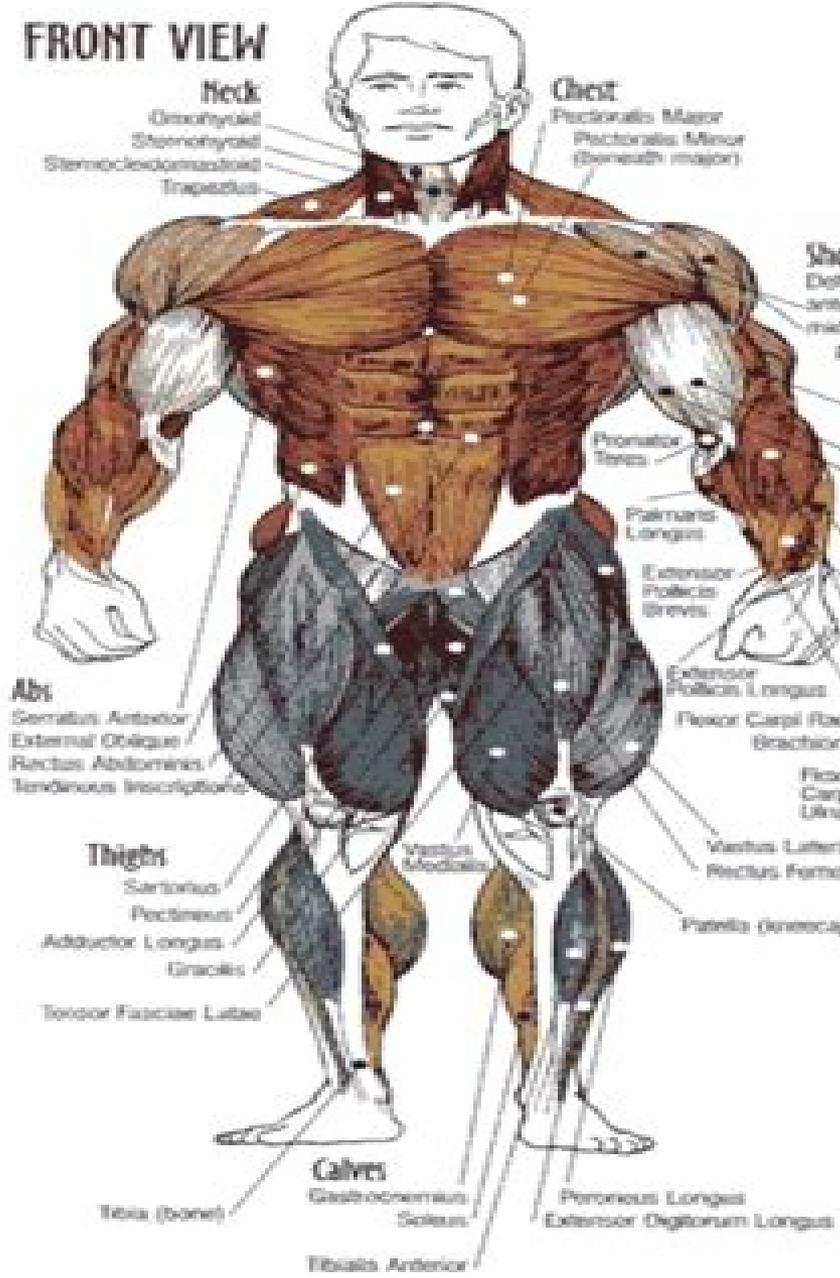
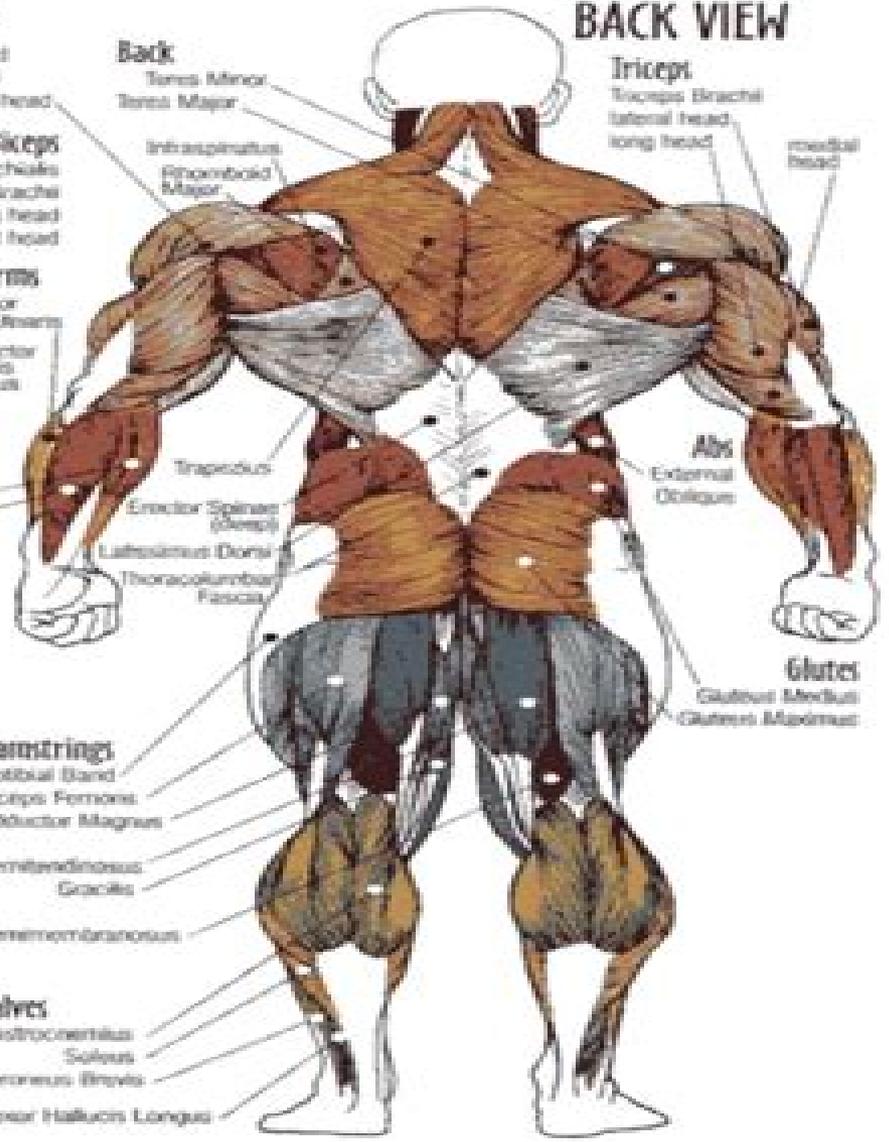


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# Muscle Training Guide

**Yi-Tong Ma**



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