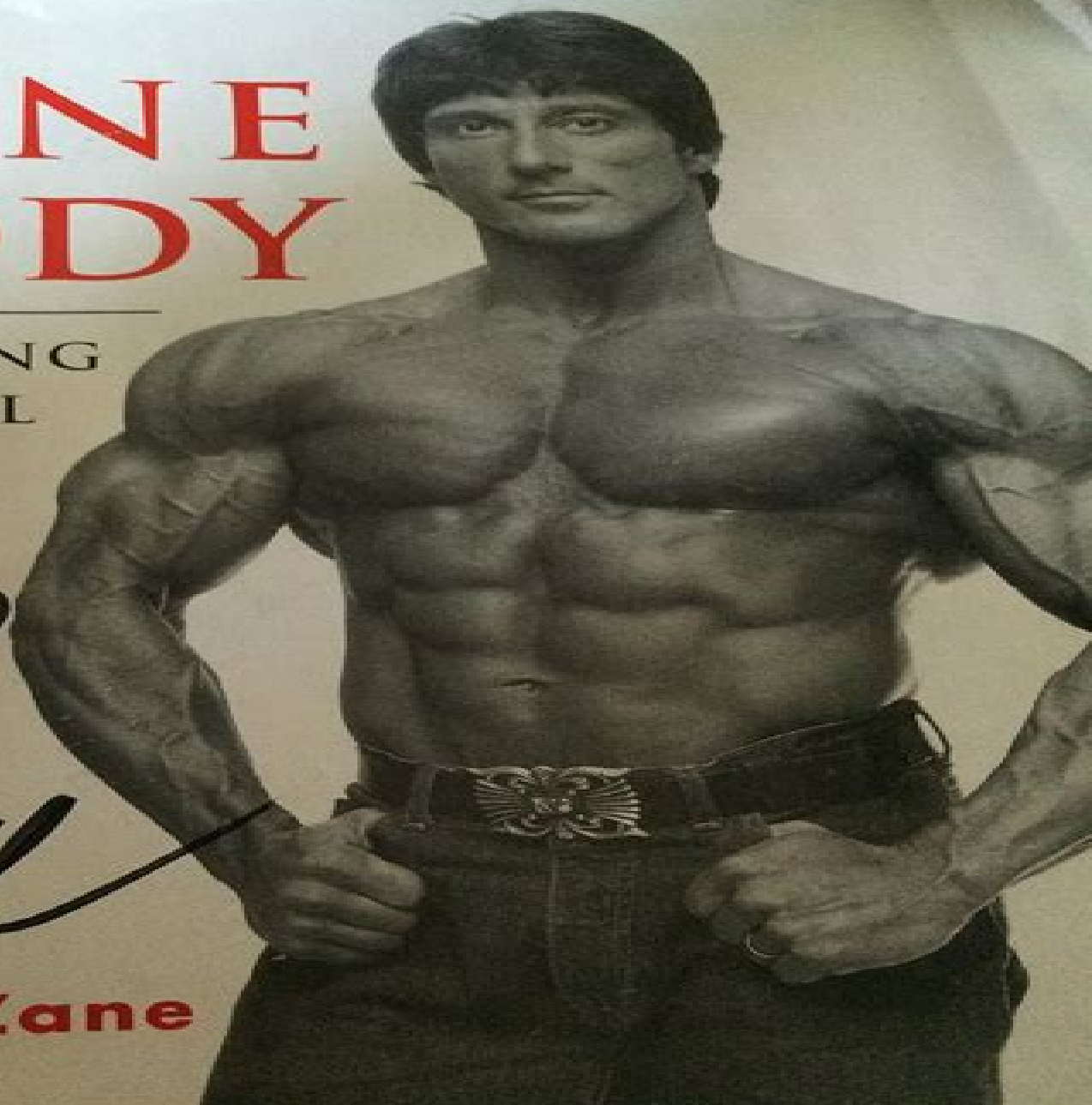


THE  
**ZANE  
BODY**

TRAINING  
MANUAL



*Frank Zane*

by

**Frank Zane**

# Frank Zane Body Manual

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