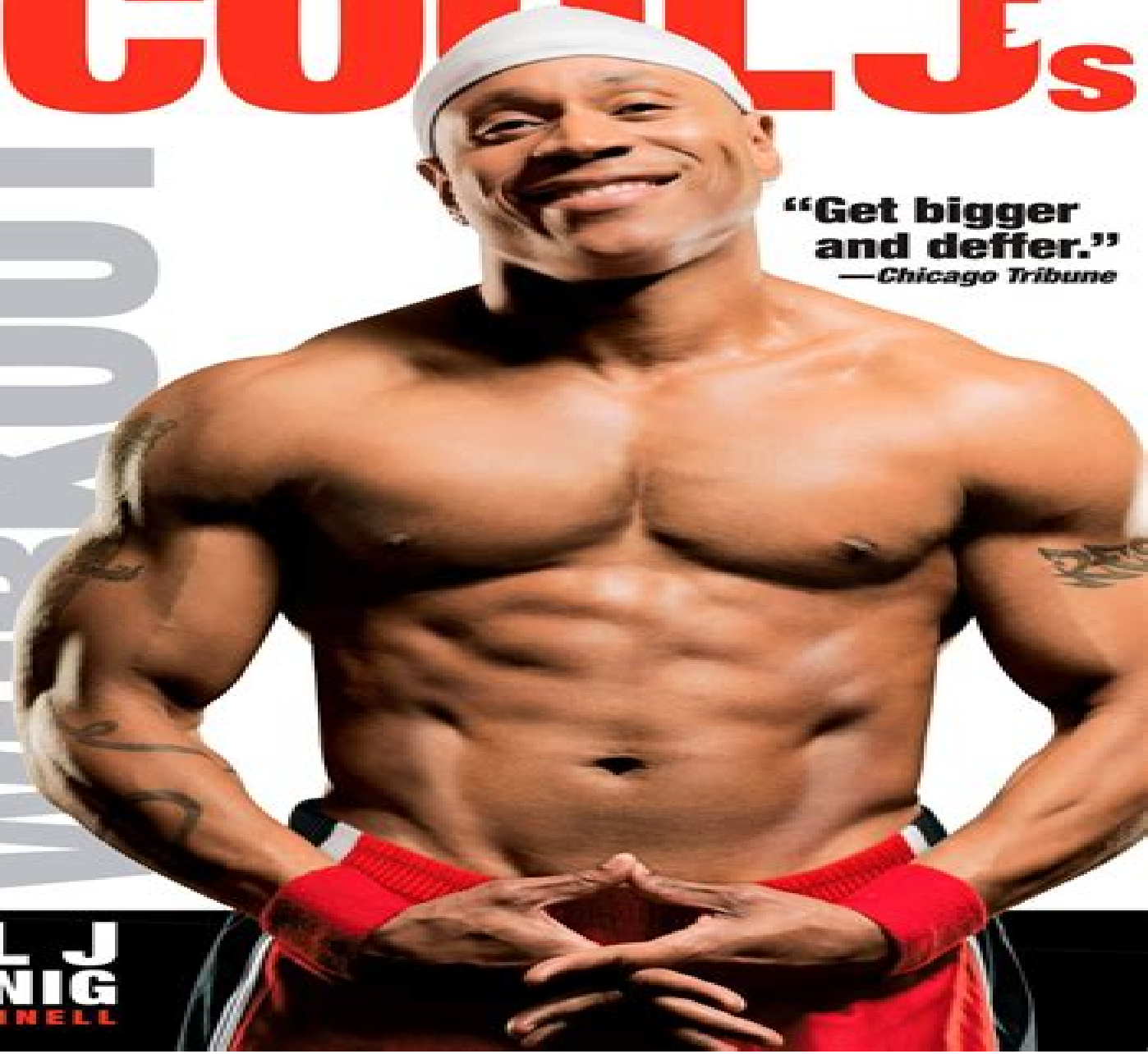


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WORKOUT

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and deffer."**  
—*Chicago Tribune*



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**DAVE HONIG**  
WITH JEFF O'CONNELL

# Ll Cool J Workout Guide

**Jiyuan Zhang**

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