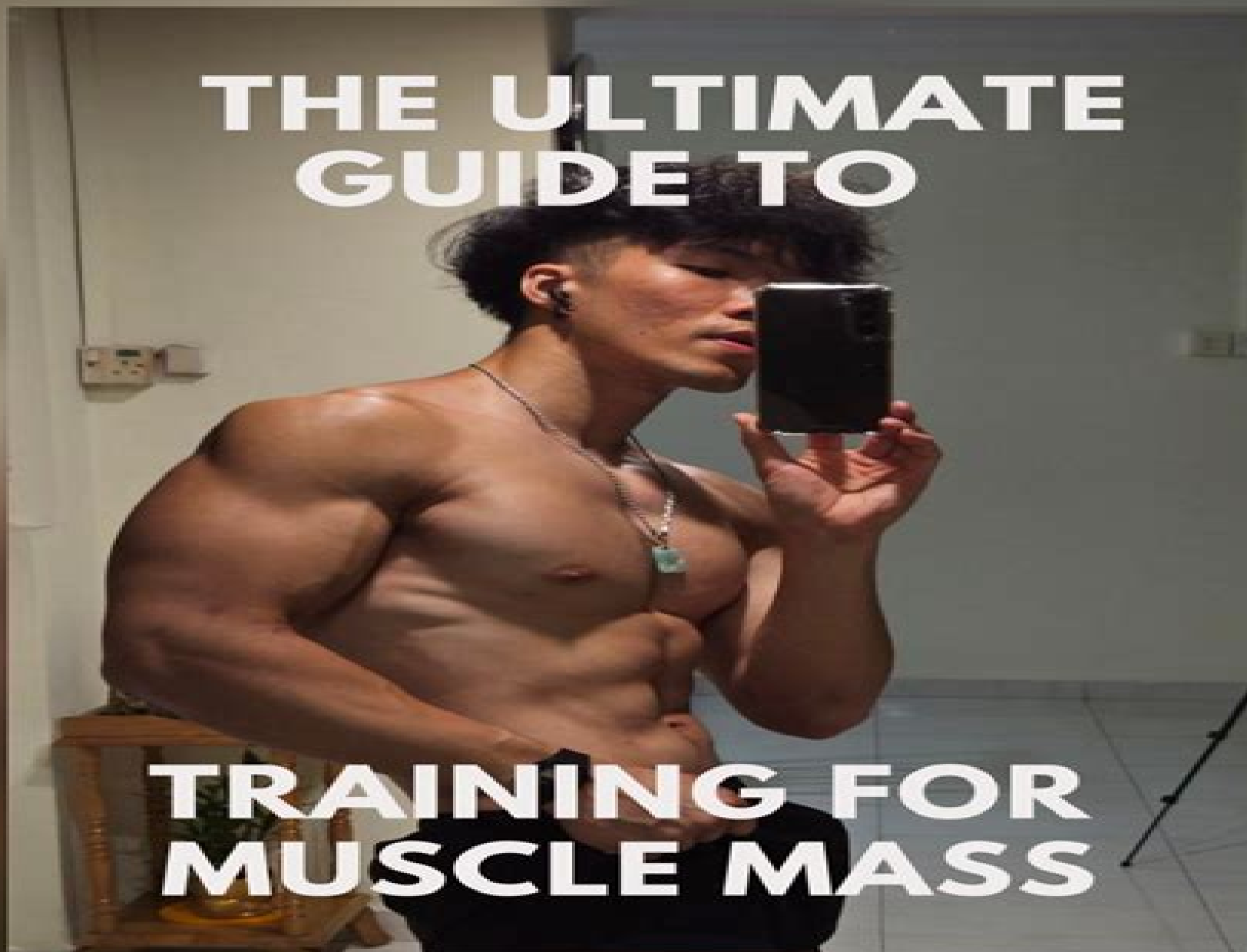


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# Guide To Muscle Mass

**Lingsheng Yao**



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