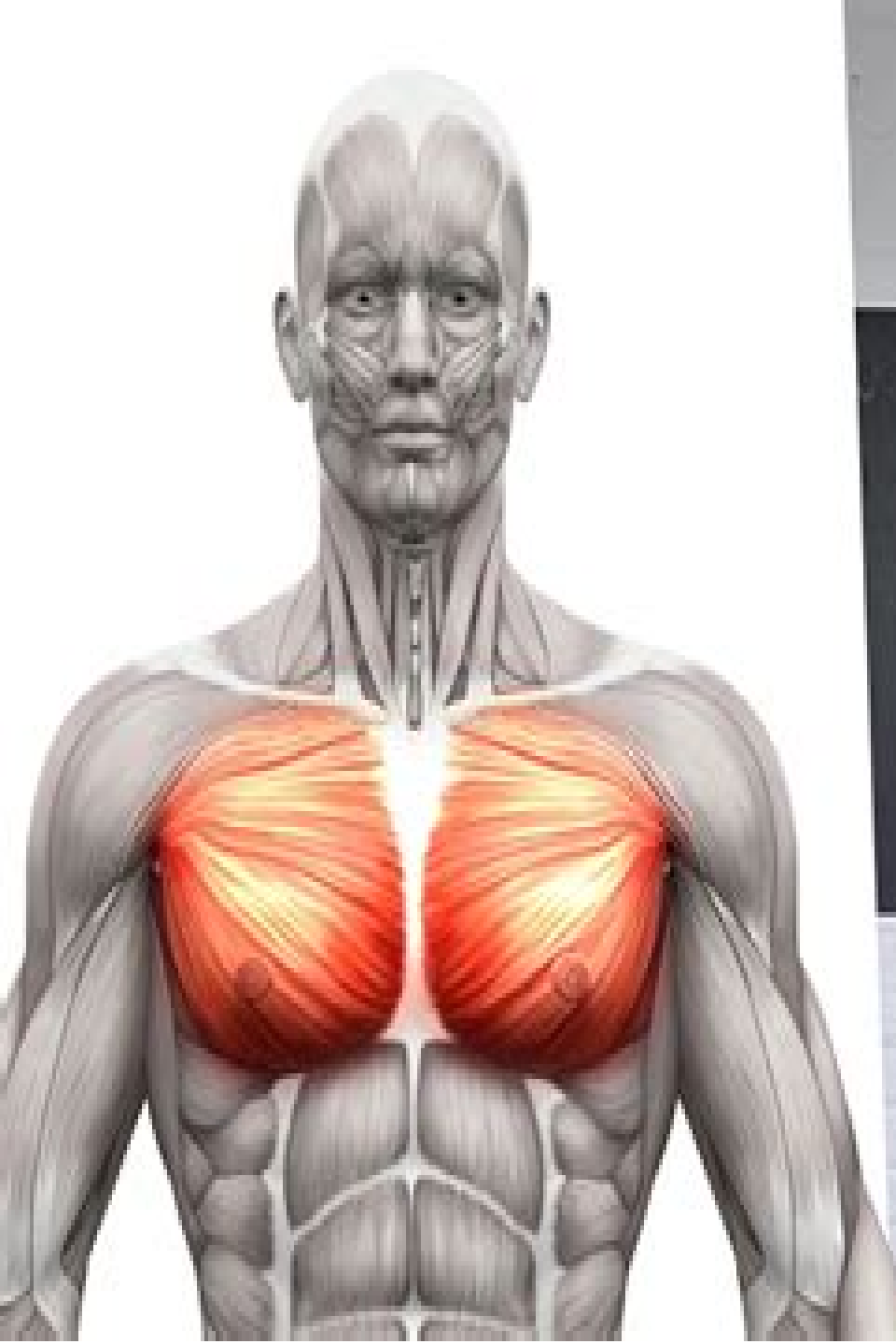




Guide To Perfect Pecs

Roman Wölfel



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as a ball this will be your base wrap the roots of a plant we used a fern in damp sphagnum moss bind it in twine and insert it into the soil ball finish it in sheet moss with more twine to secure it then spritz with water

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