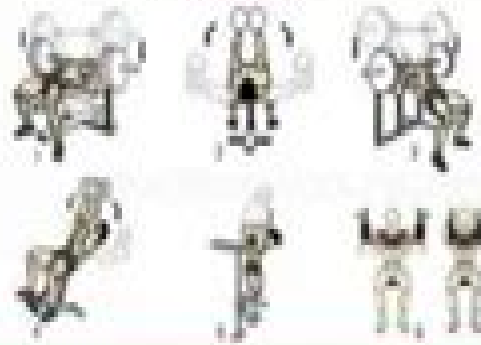




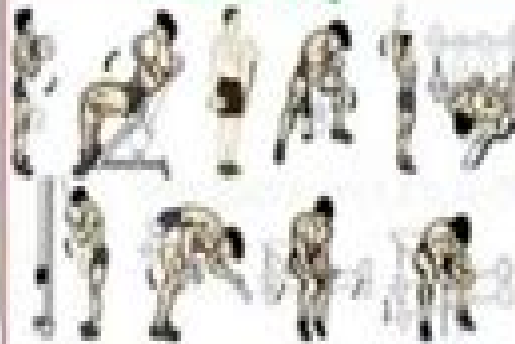
1st Day



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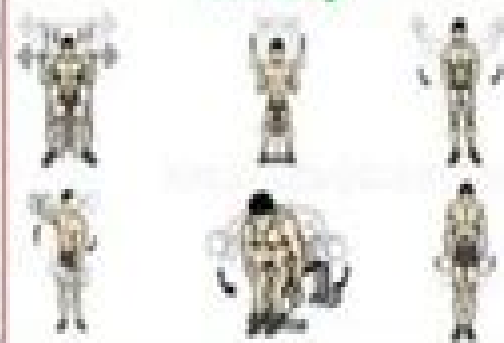
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6th Day



Guide To Beginning Bodybuilding

N Colangelo



Guide To Beginning Bodybuilding:

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