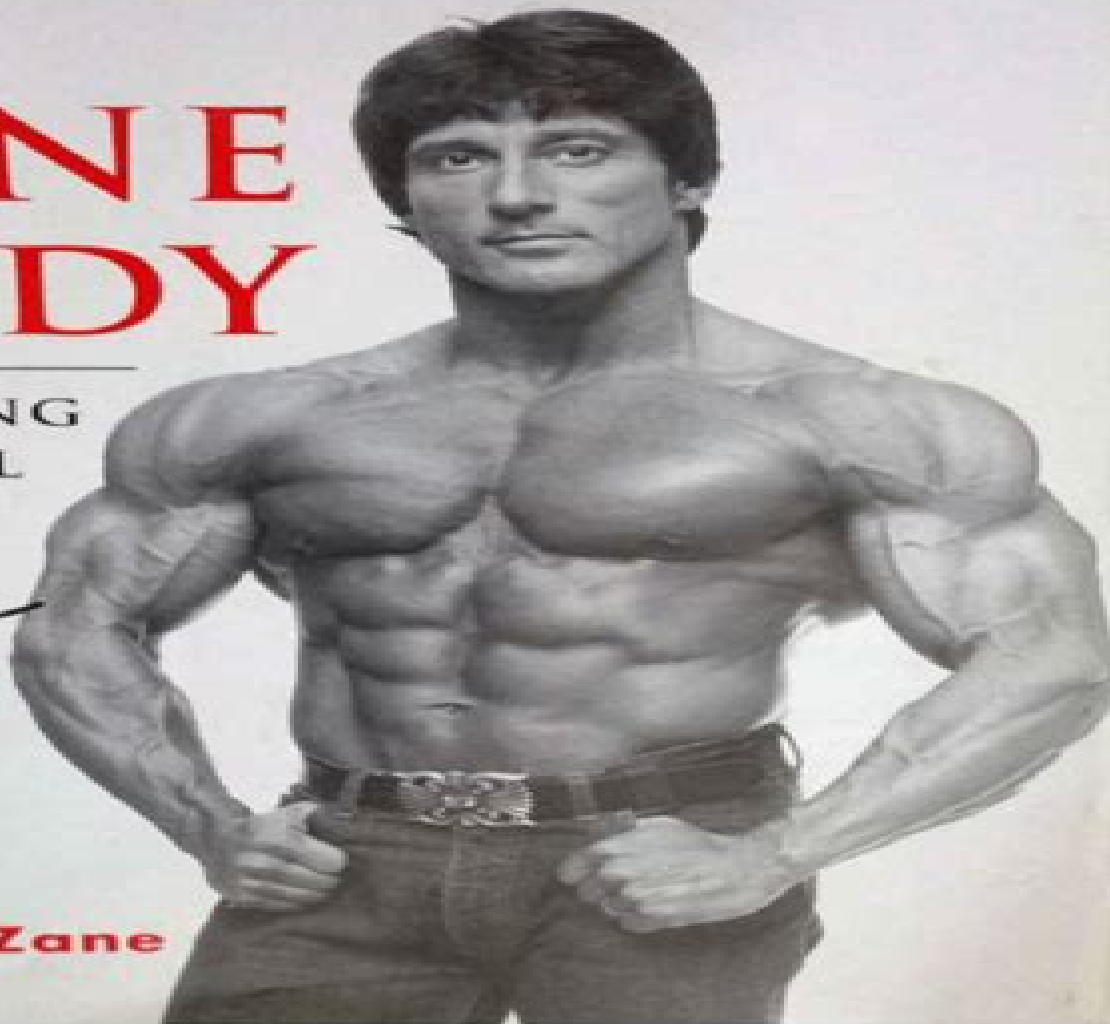


THE ZANE BODY

TRAINING
MANUAL

Frank Zane

by
Frank Zane



Frank Zane Hit Training Manual

Christian Drosten



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