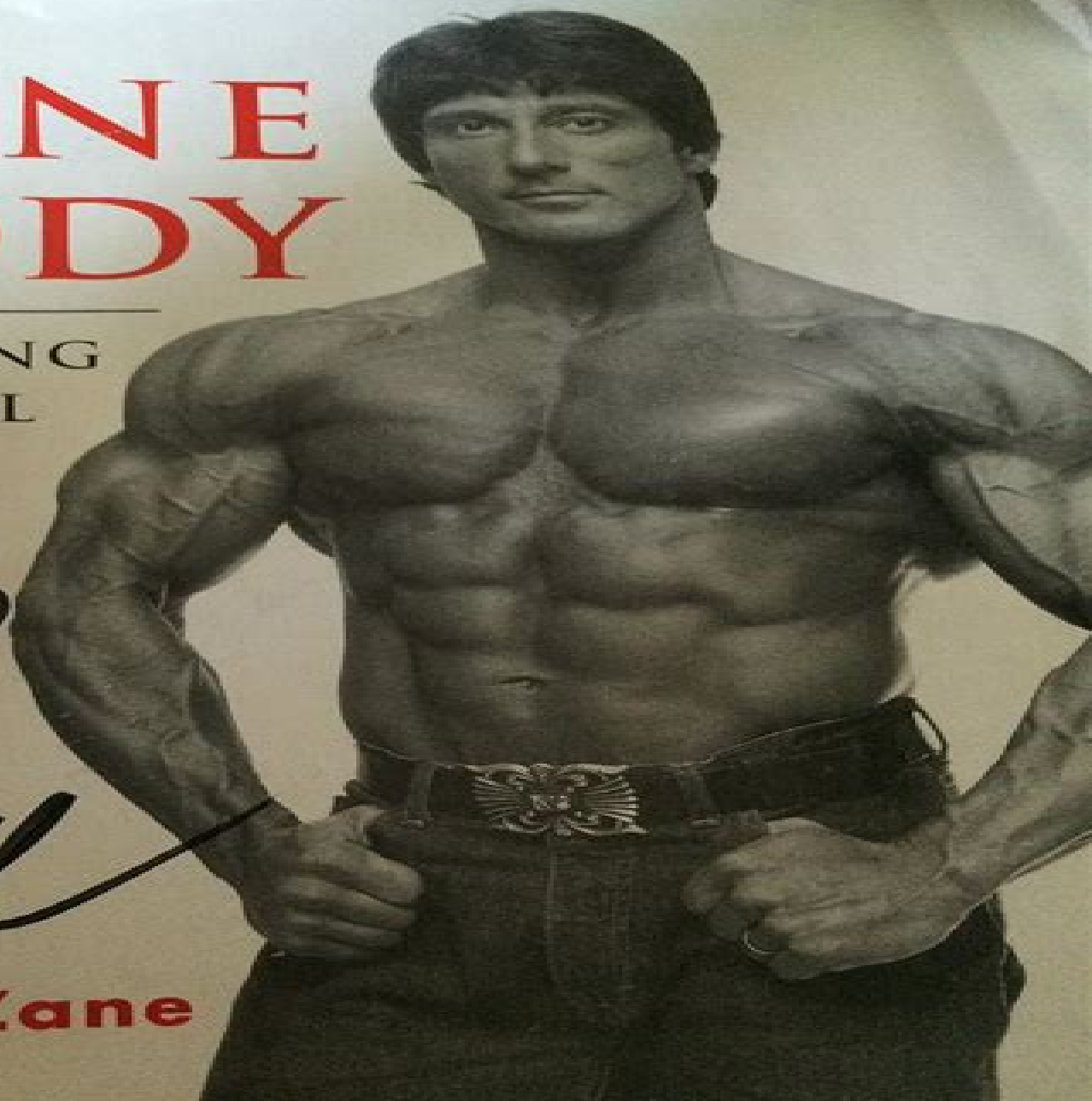


THE
**ZANE
BODY**

TRAINING
MANUAL



Frank Zane

by

Frank Zane

Frank Zane Body Manual

ML Morrison

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