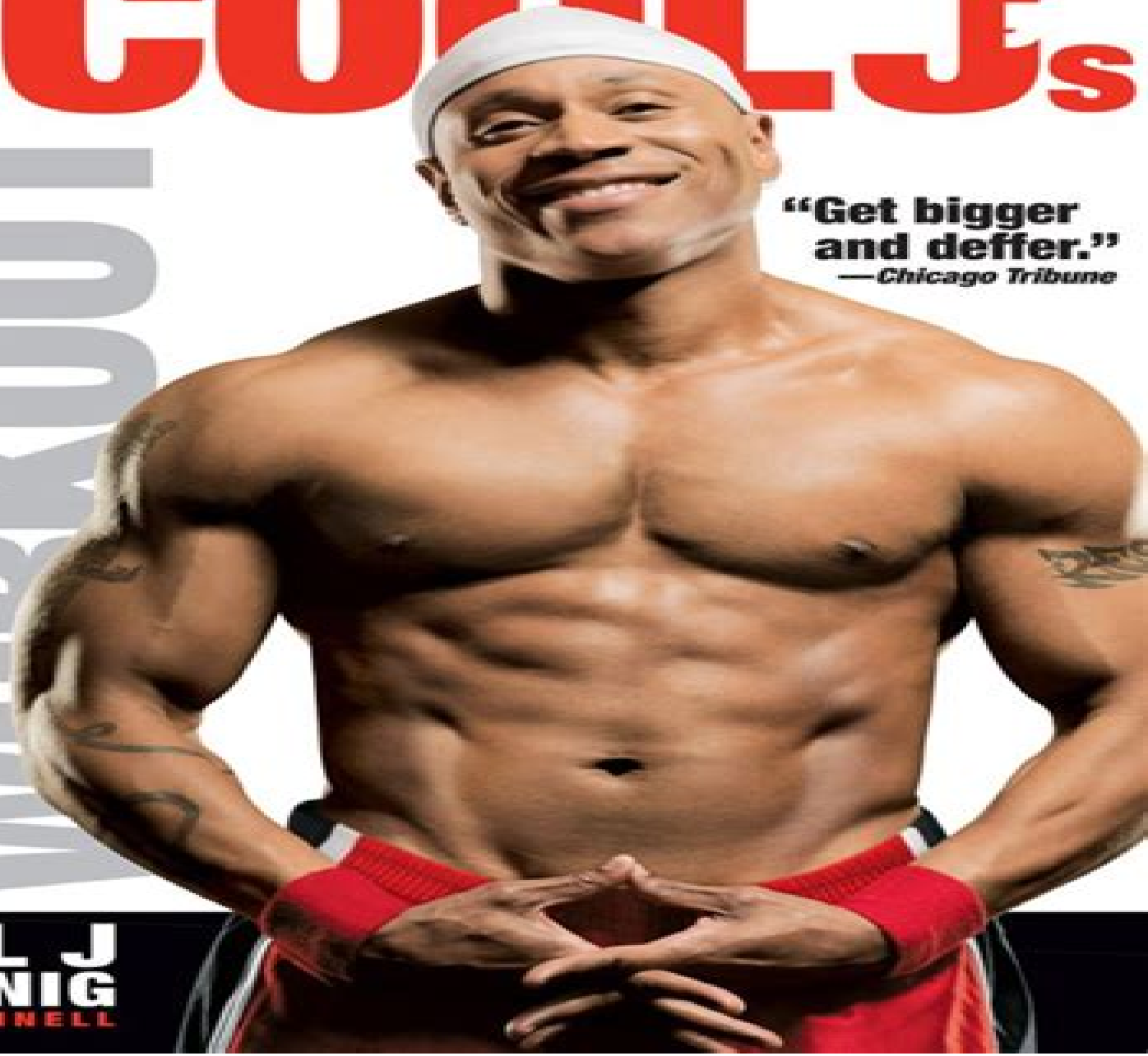


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LL COOL J's

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WORKOUT

**"Get bigger
and deffer."**
—*Chicago Tribune*



LL COOL J
DAVE HONIG
WITH JEFF O'CONNELL

Ll Cool J Workout Guide

Sarah Hentges

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Ll Cool J Workout Guide:

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