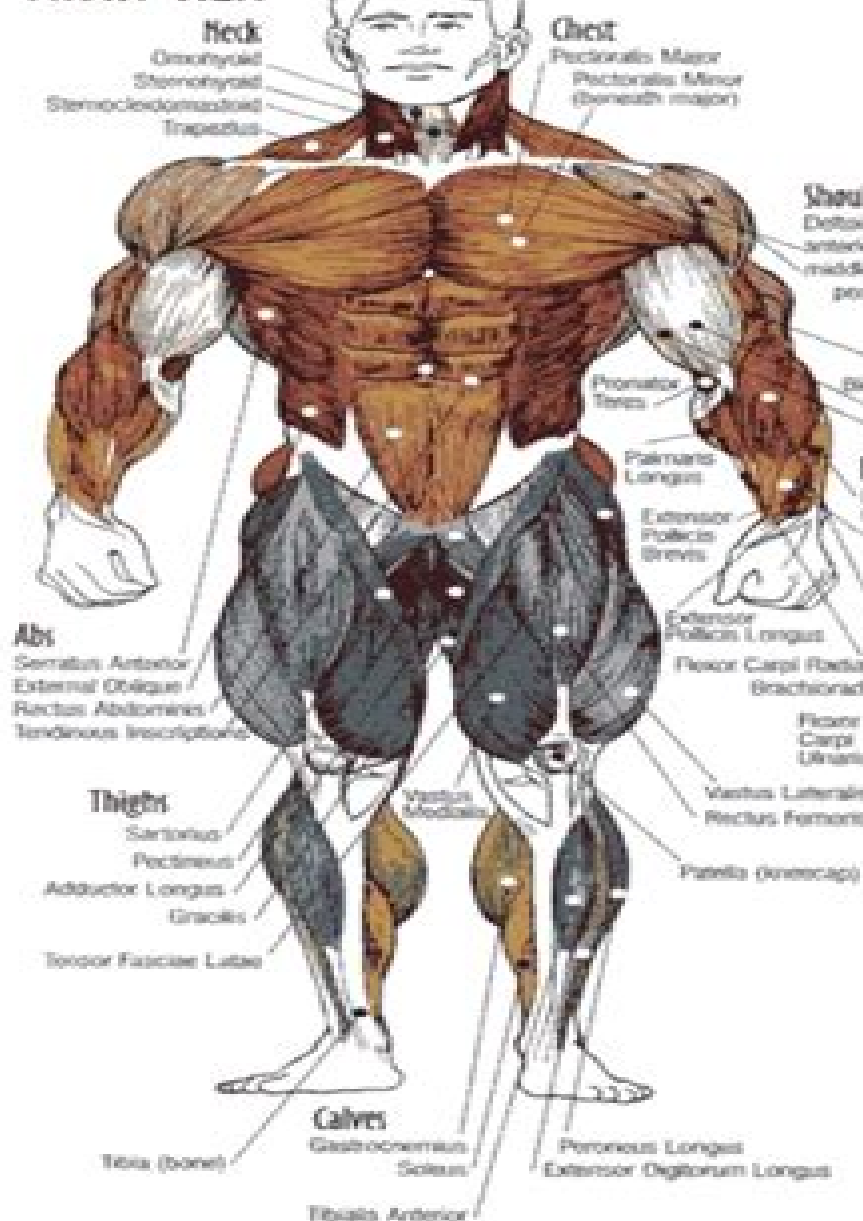


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# Exercise Muscle Guide

**Patrick Vollmar**

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