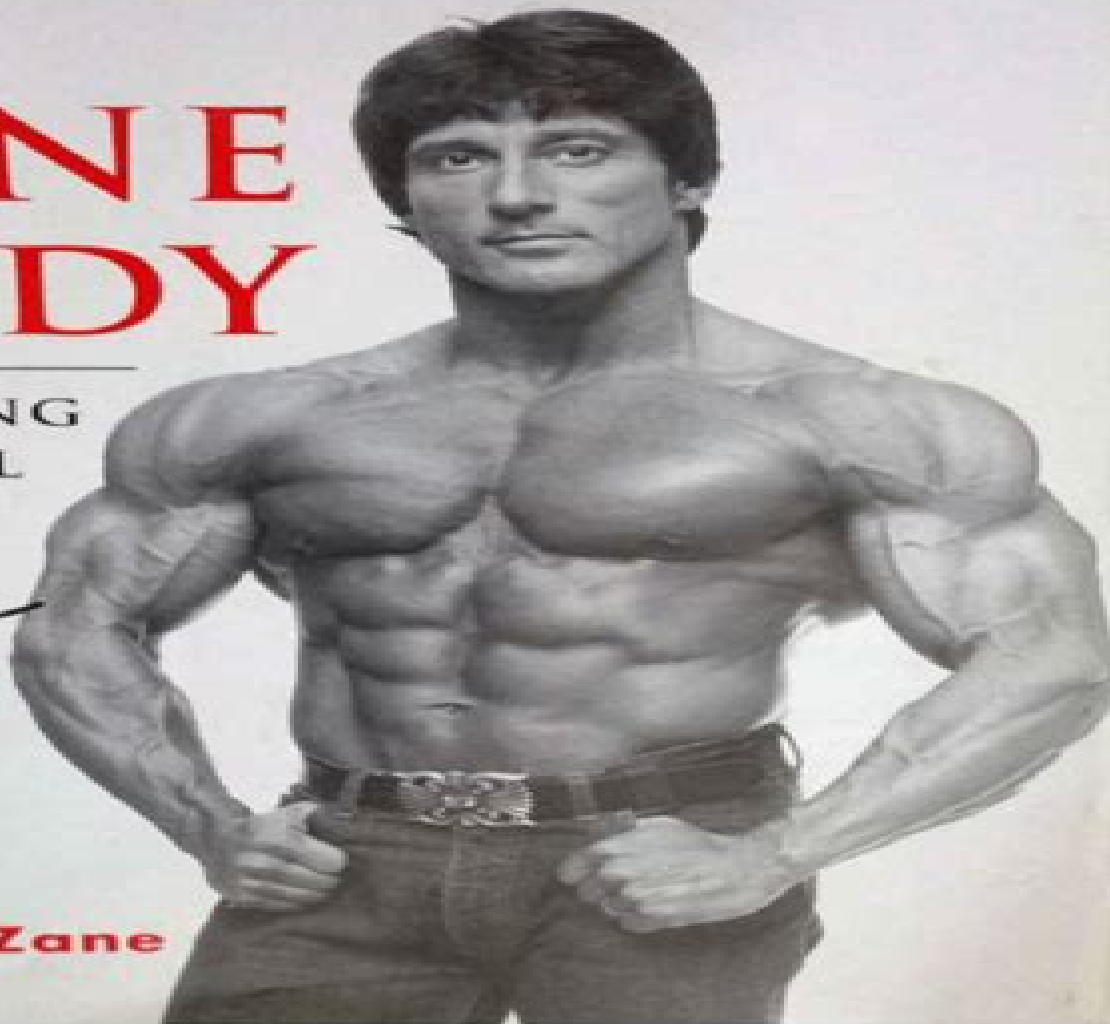


# THE ZANE BODY

TRAINING  
MANUAL

*Frank Zane*

by  
**Frank Zane**



# Frank Zane Hit Training Manual

**Rosina Ehmann**



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