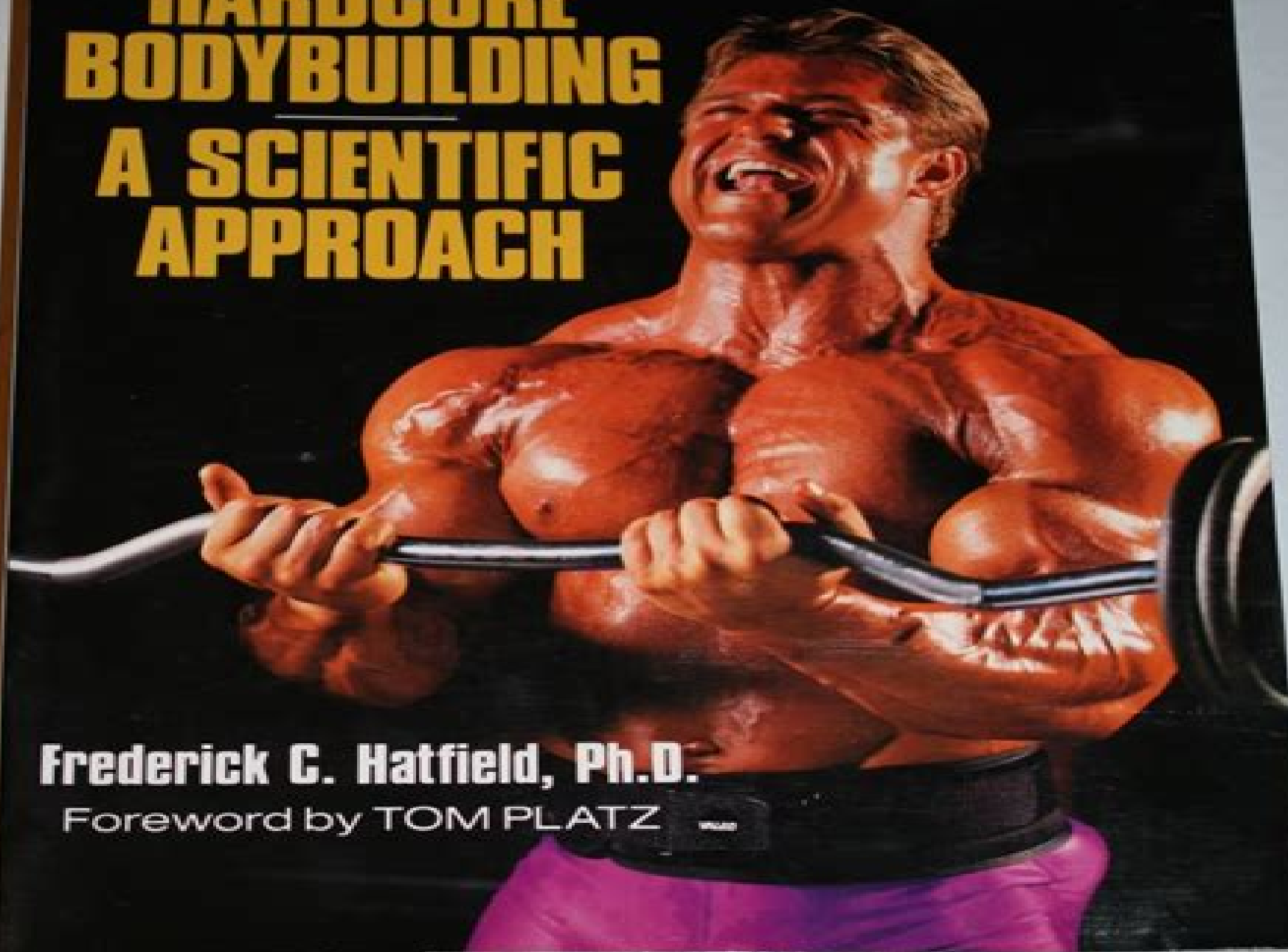


# **HARDCORE BODYBUILDING A SCIENTIFIC APPROACH**

**Frederick C. Hatfield, Ph.D.**

Foreword by TOM PLATZ



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