

A close-up, high-contrast photograph of a man, Barrett Hundman, wearing a grey baseball cap and lifting a black dumbbell. The image is dark, with the subject's face and muscles highlighted by a strong light source, creating a dramatic effect. The text is overlaid on this image.

BARRETT HUNDMAN

BUILD MUSCLE BURN FAT

*A Beginner's Guide to the Science
of Strength Training*

Muscle Burns Fat Guidebook

Katrin Zwirgmaier



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