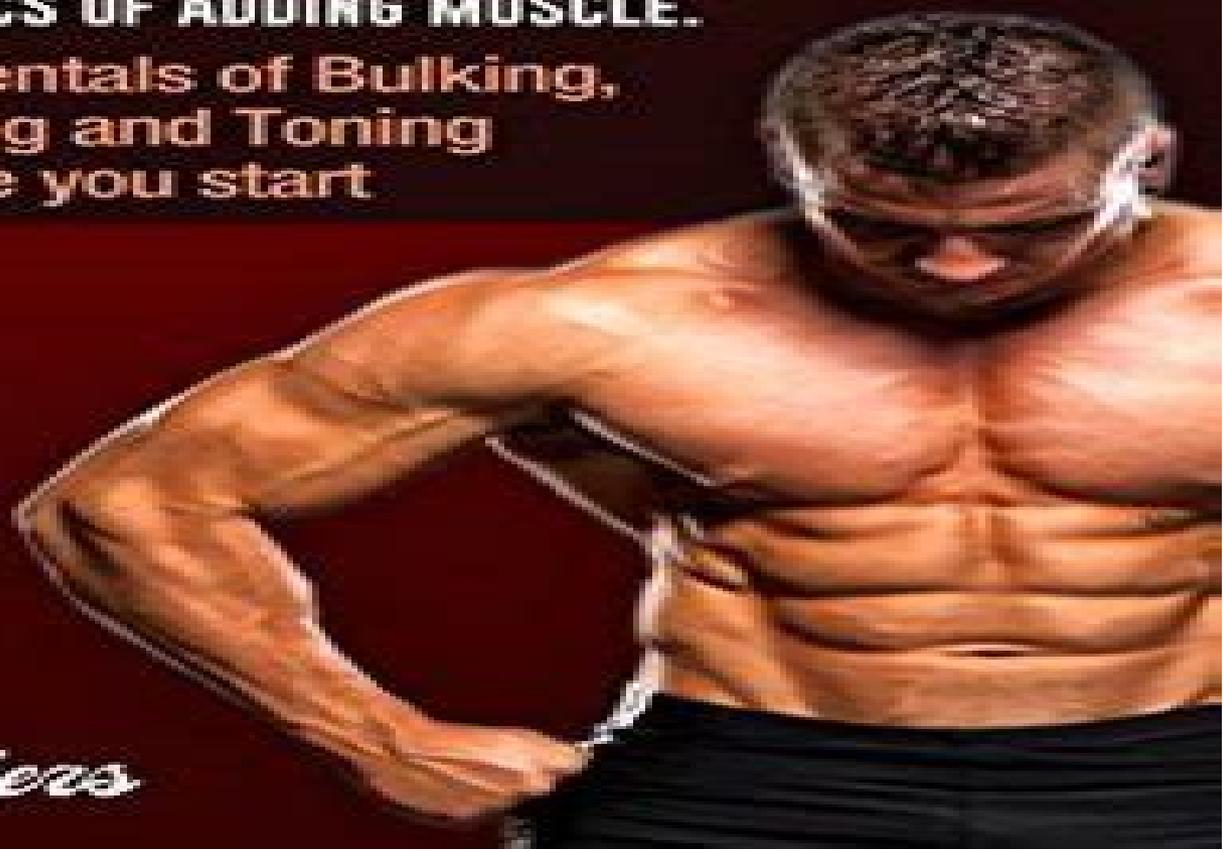


BUILDING MUSCLE FOR BEGINNERS

THE VERY BASICS OF ADDING MUSCLE.
The fundamentals of Bulking,
Strengthening and Toning
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