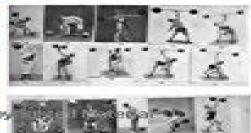
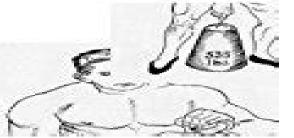


# THE OLD SCHOOL STRENGTH TRAINING SECRETS BIBLE

DAVE YARNELL







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