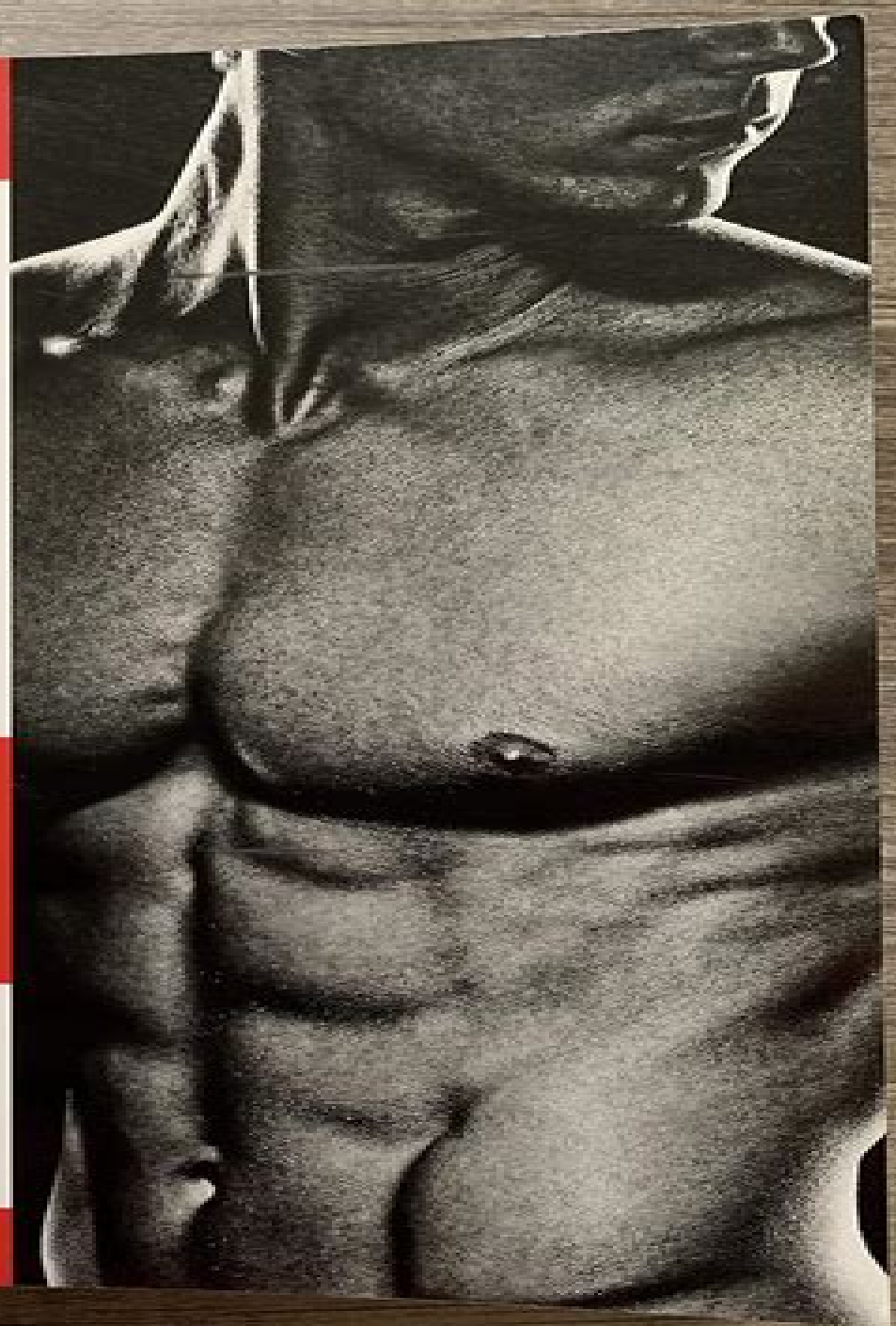


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# The Mens Health Big Muscle Training Manual

**Jin-Ying Zhang**



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