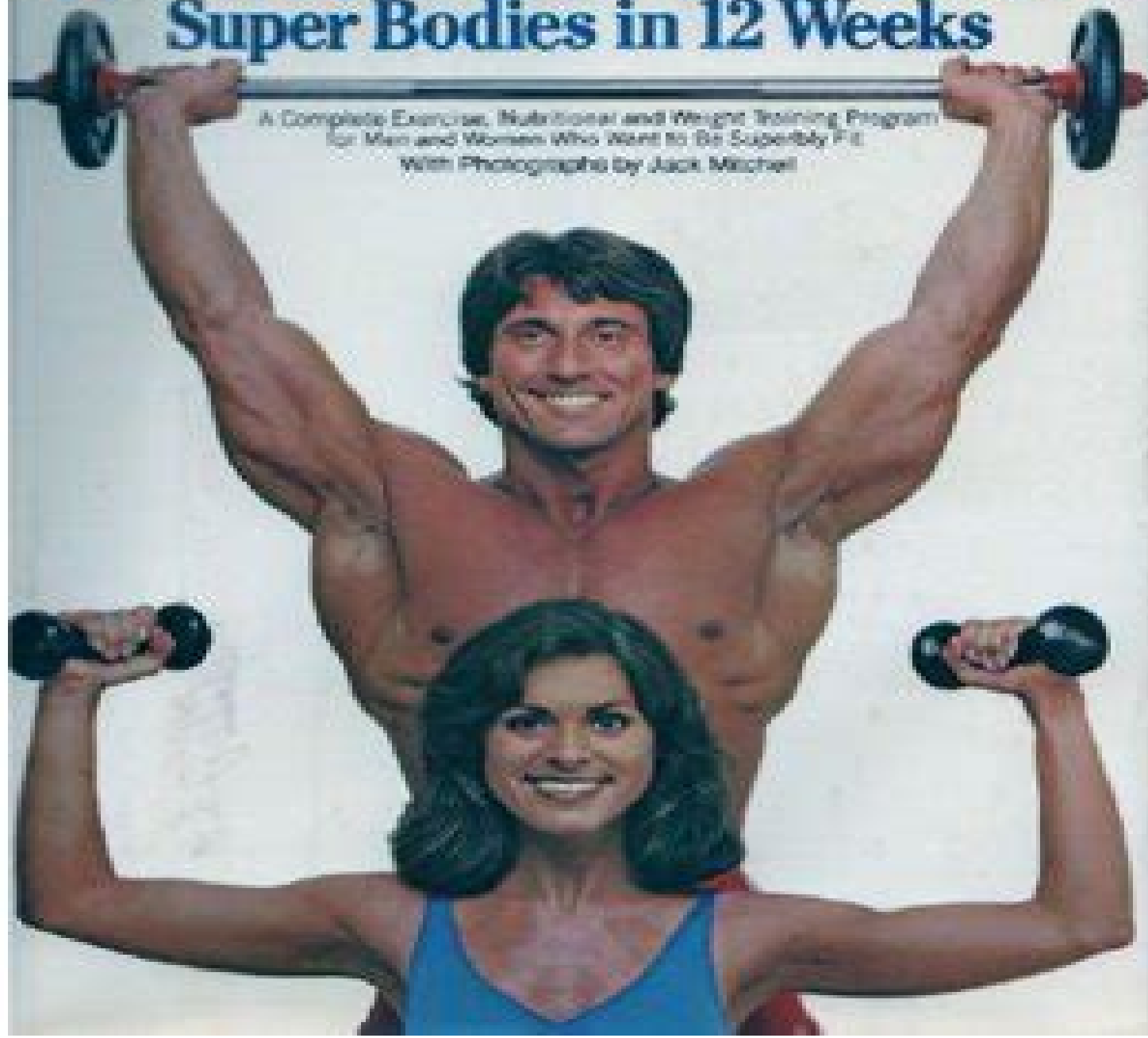


Frank & Christine Zane

Super Bodies in 12 Weeks

A Complete Exercise, Nutritional and Weight Training Program
for Men and Women Who Want to Be Superbly Fit
With Photographs by Jack Mitchell



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Jianjun Gao



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