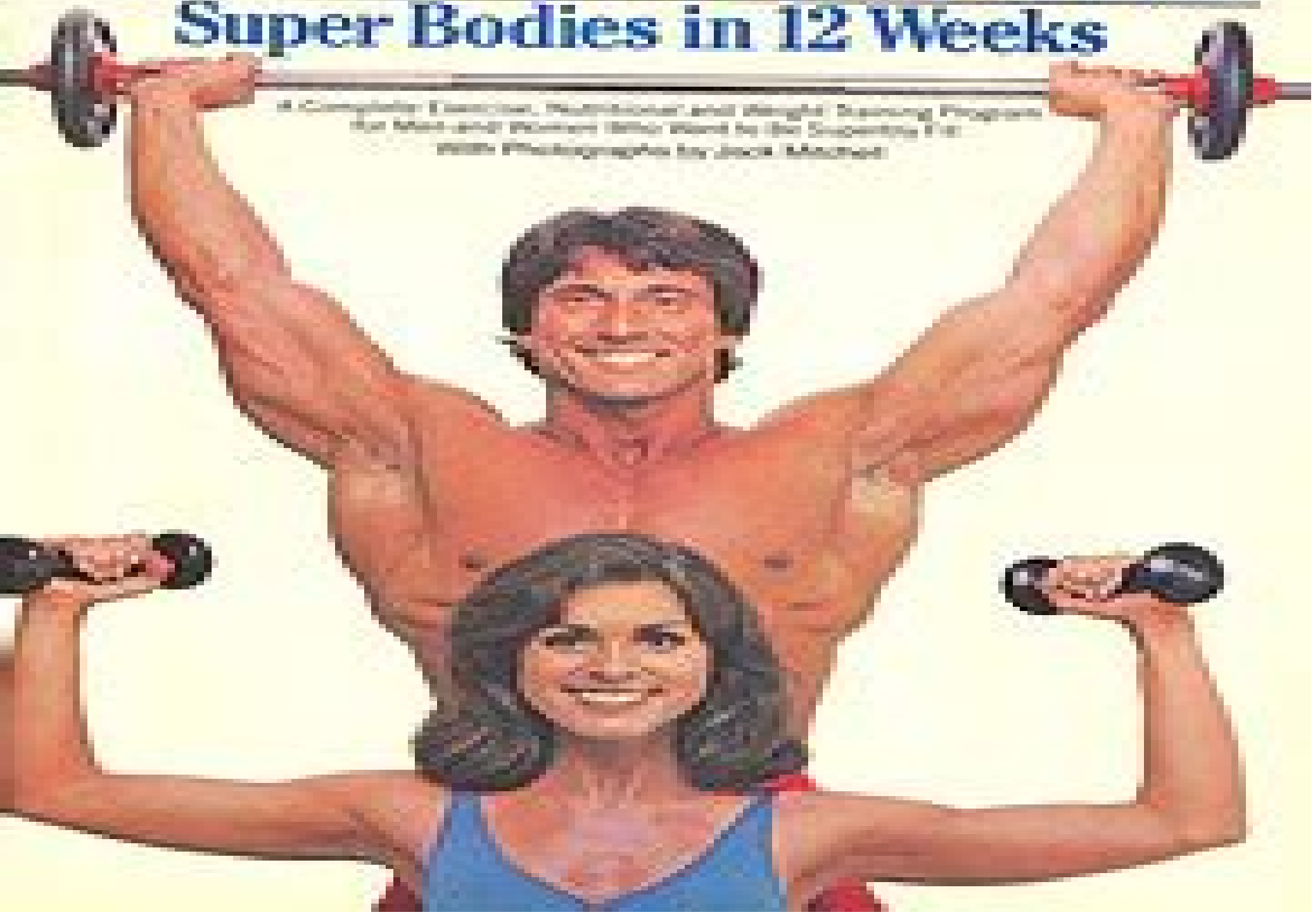


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Super Bodies in 12 Weeks

A Complete Exercise, Nutrition, and Weight Training Program
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