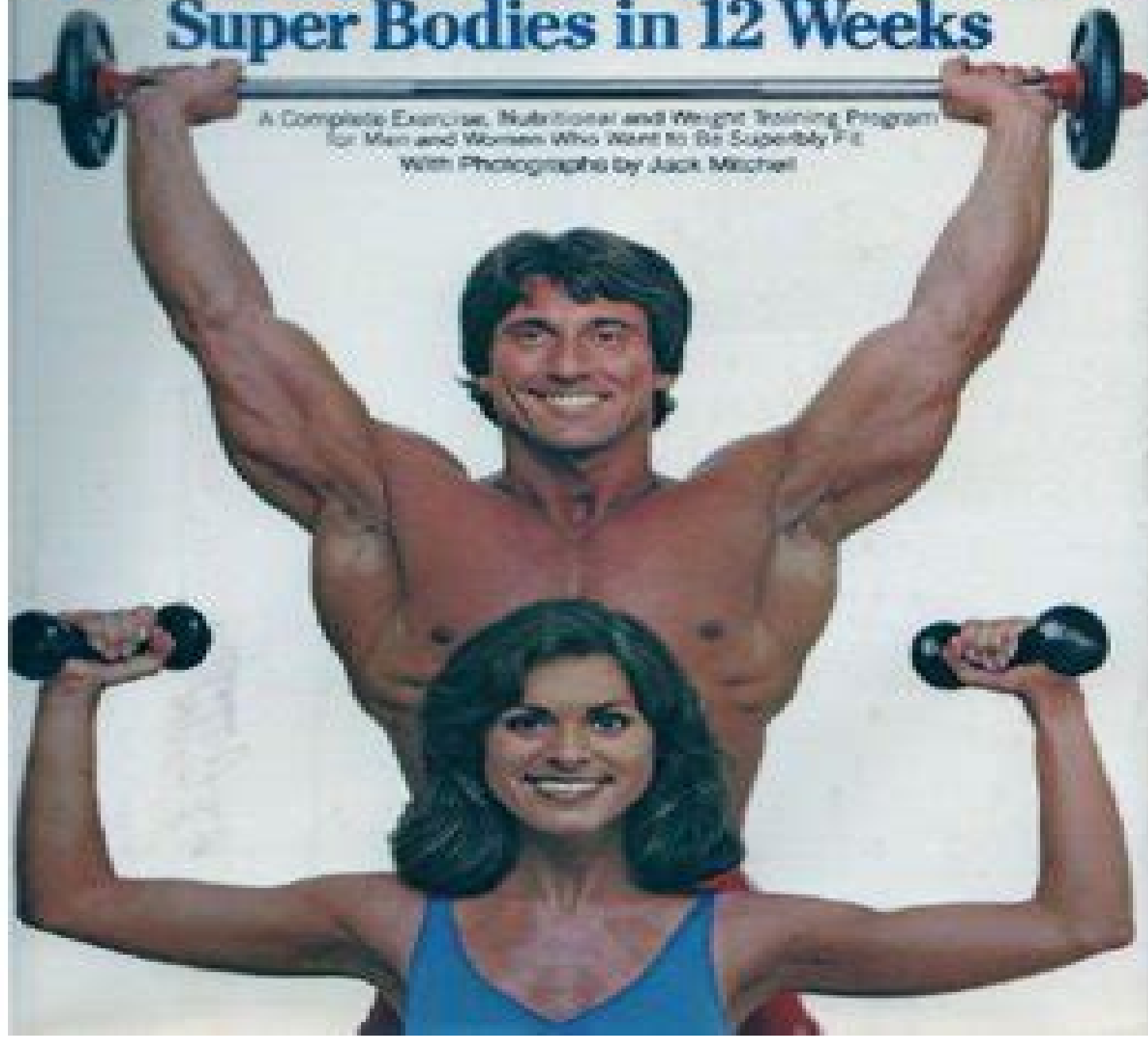


# Frank & Christine Zane

## 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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**Michelle Bridges**

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