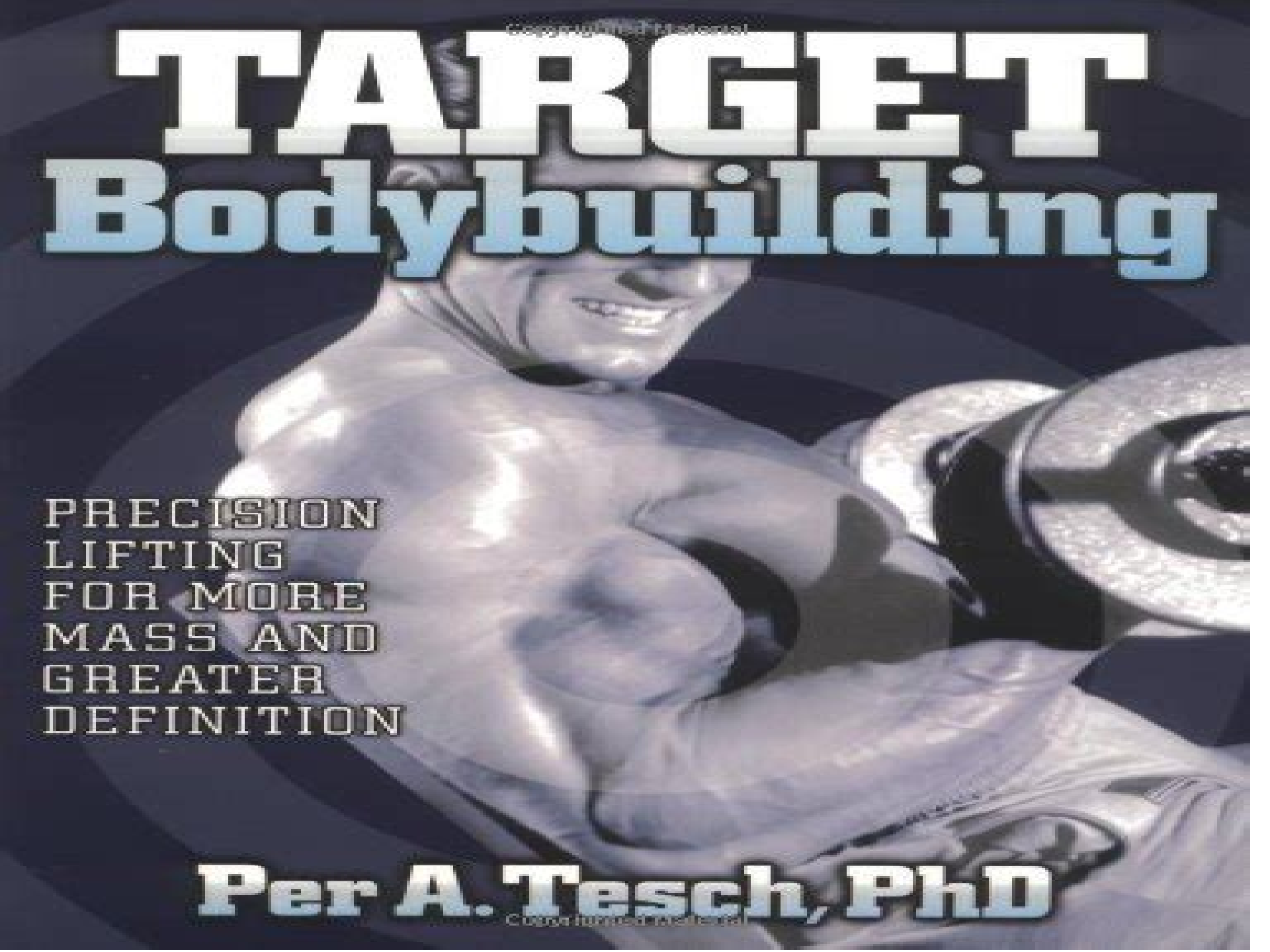


TARGET **Bodybuilding**

A smiling bodybuilder with a muscular physique is shown from the waist up. He is wearing a blue singlet with a large target graphic on the chest. The background is a dark blue with concentric circles, also forming a target pattern. The overall tone is motivational and focused on bodybuilding.

PRECISION
LIFTING
FOR MORE
MASS AND
GREATER
DEFINITION

Per A. Tesch, PhD

Target Bodybuilding

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