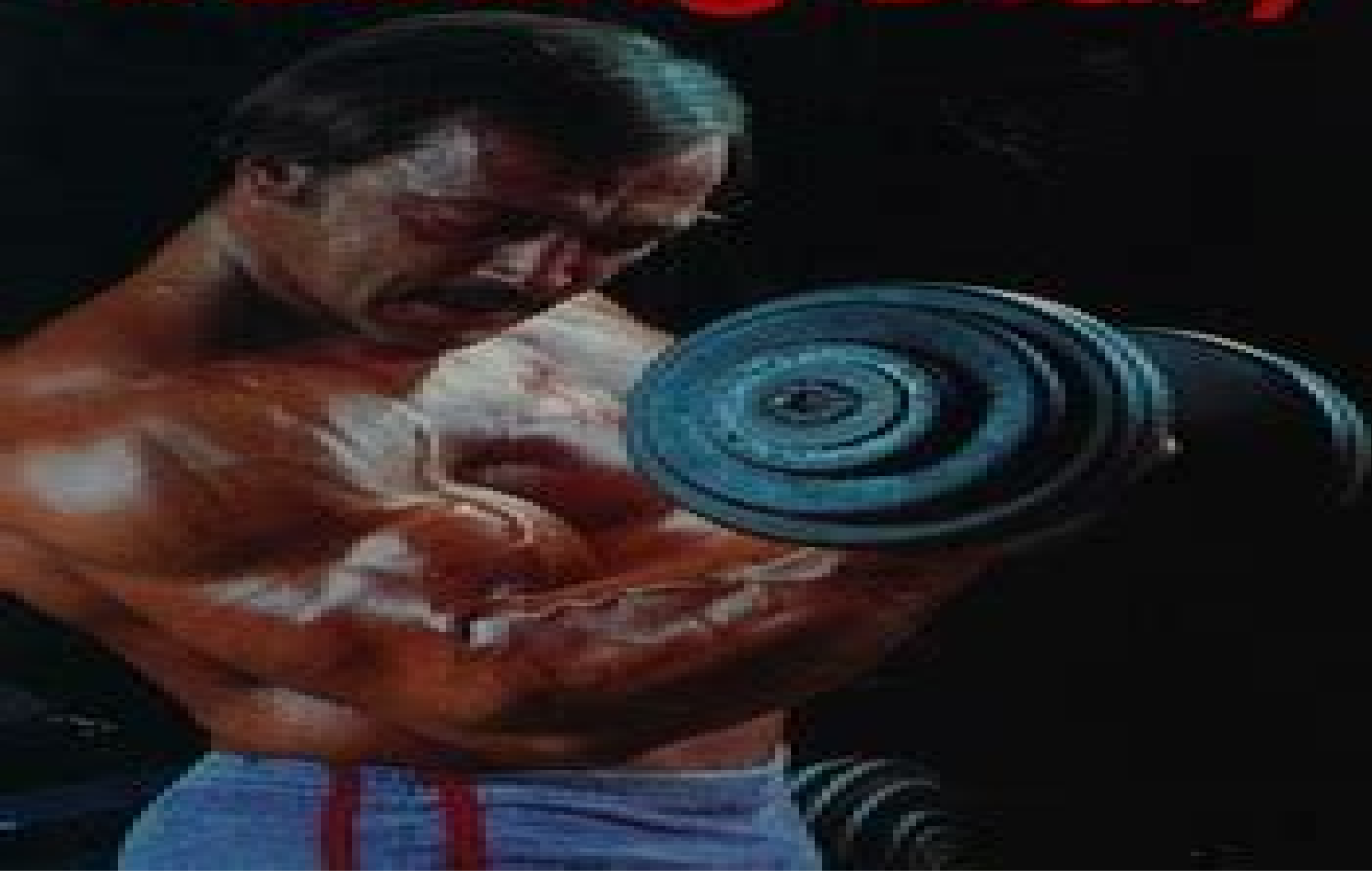


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LITERATURE

Training Diary



Joe Weiders Muscle And Fitness Training Diary

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