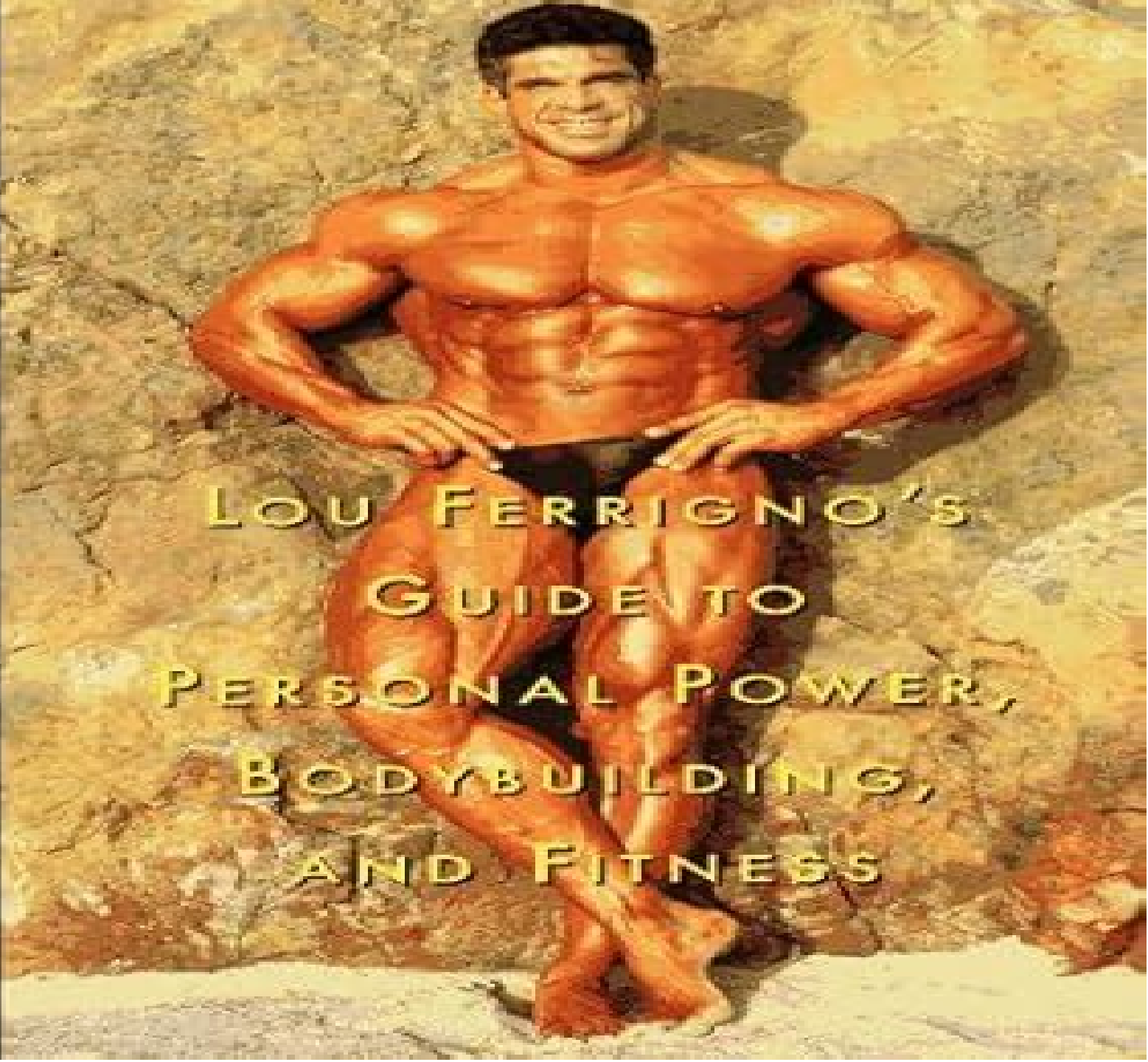


LOU FERRIGNO

Foreword by
Joe Weider

A full-page photograph of Lou Ferrigno, a bodybuilder, posing on a rocky surface. He is wearing black posing trunks and has his hands on his hips, showcasing his muscular physique. The background is a textured, light-colored rock wall.

LOU FERRIGNO'S GUIDE TO PERSONAL POWER, BODYBUILDING, AND FITNESS

Lou Ferrignos Guide To Personal Power Bodybuilding And Fitness

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