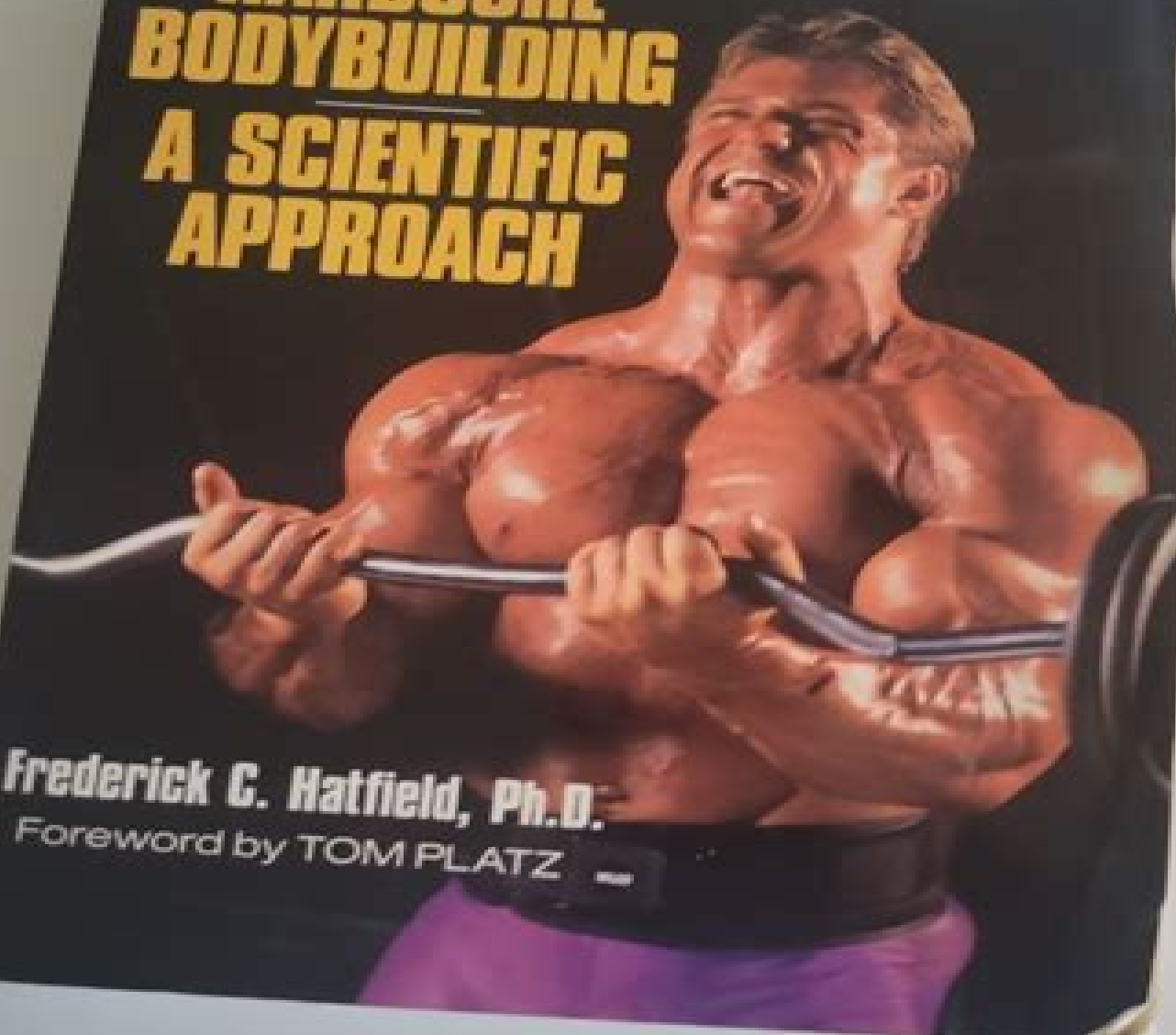


HARDCORE BODYBUILDING A SCIENTIFIC APPROACH

Frederick C. Hatfield, Ph.D.
Foreword by TOM PLATZ



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