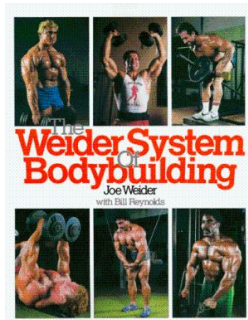


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## THE WEIDER SYSTEM OF BODYBUILDING



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- Authored by Joe Weider; Bill Reynolds
- Released at 1983



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