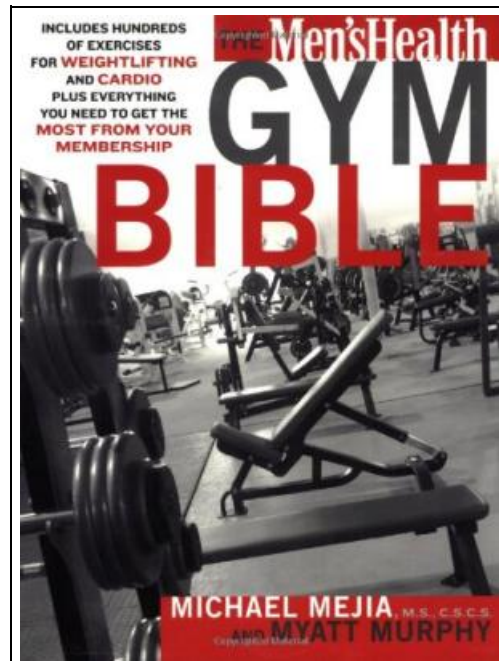


The Mens Health Gym Bible



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(Prof. Nelson Farrell MD)

THE MENS HEALTH GYM BIBLE



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