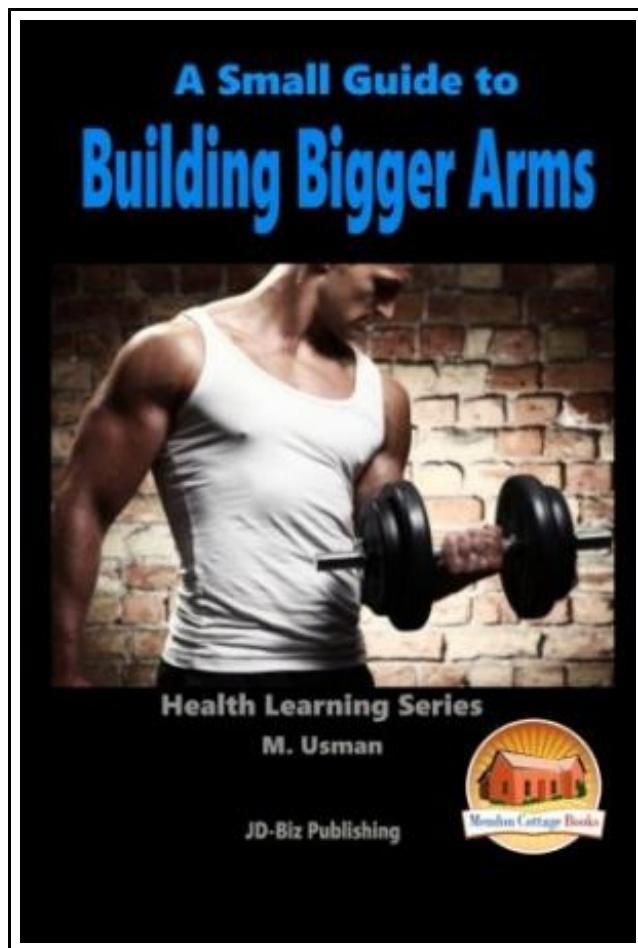


## A Small Guide to Building Bigger Arms (Paperback)



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