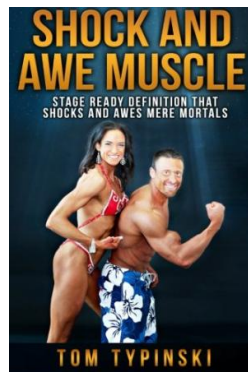


## Shock and Awe Muscle: Get Stage Ready Definition and a Body That "Shocks and Awes" Mere Mortals



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