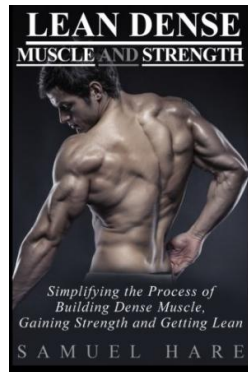


## Lean Dense Muscle and Strength: Simplifying the Process of Building Dense Muscle, Gaining Strength and Getting Lean



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