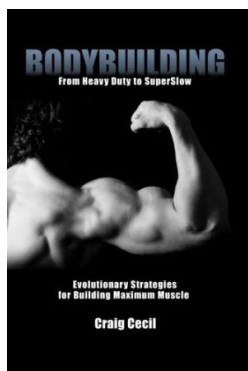


## Bodybuilding: From Heavy Duty to Superslow: Evolutionary Strategies for Building Maximum Muscle



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