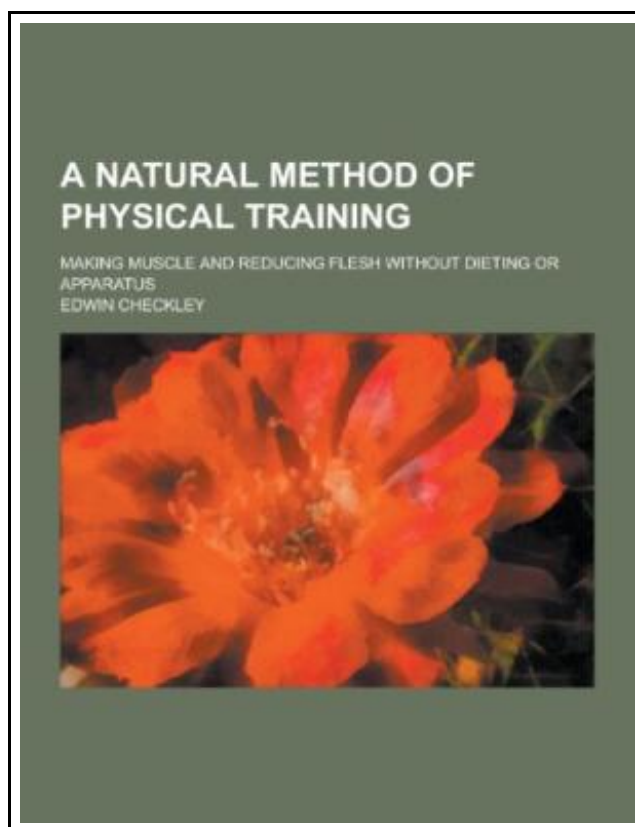


A Natural Method of Physical Training Making Muscle and Reducing Flesh Without Dieting or Apparatus



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