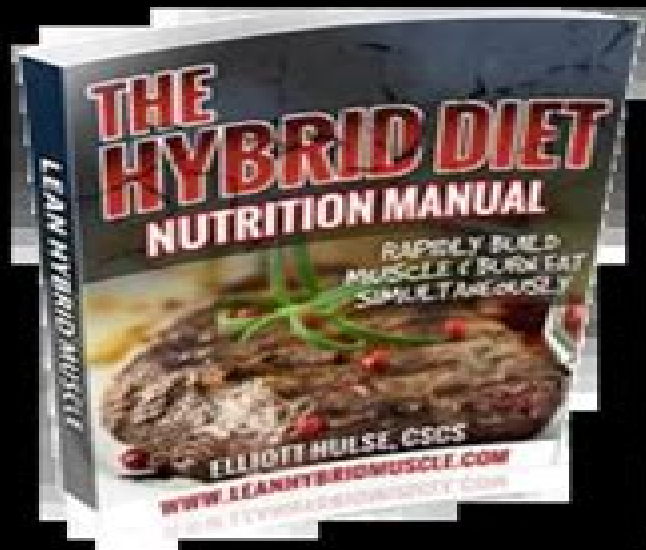


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# Lean Hybrid Muscle Training Manual

**J Ma**



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