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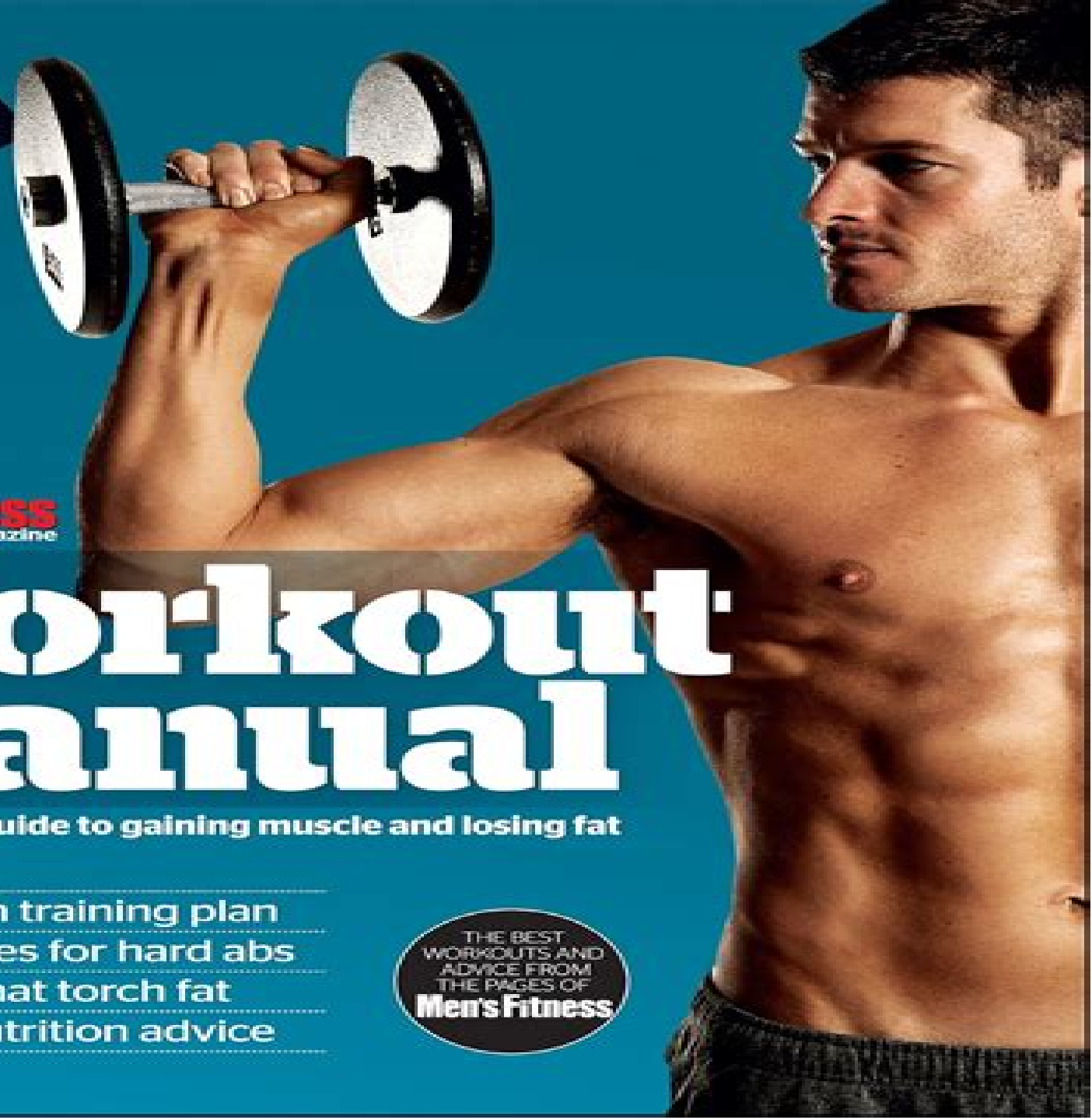
Workout Manual

The complete guide to gaining muscle and losing fat

- ✓ Six-month training plan
- ✓ Best moves for hard abs
- ✓ Circuits that torch fat
- ✓ Simple nutrition advice

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