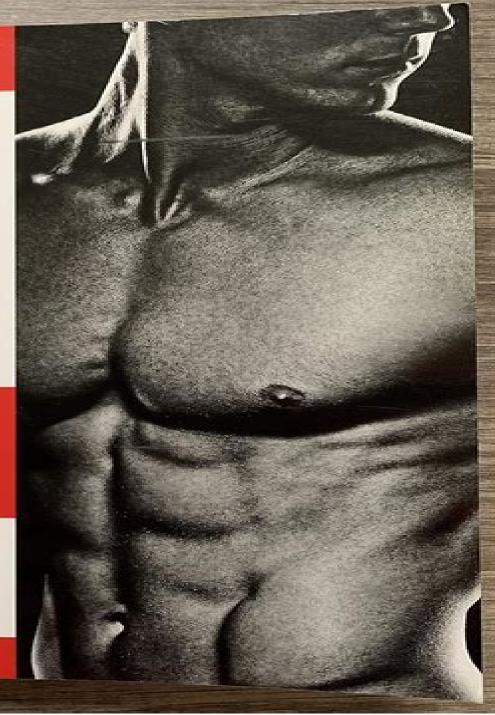
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# **The Mens Health Big Muscle Training Manual**

**Marco Cascella** 

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