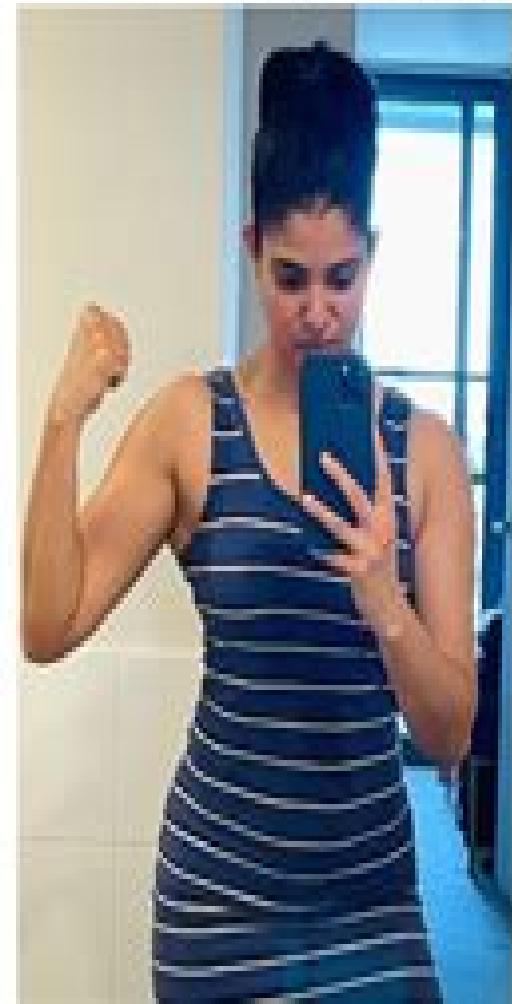


# WEIGHT GAIN GUIDE

## WORKOUT & FOOD EXPLAINED



# Weight Gain Guide

**J Rink**



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