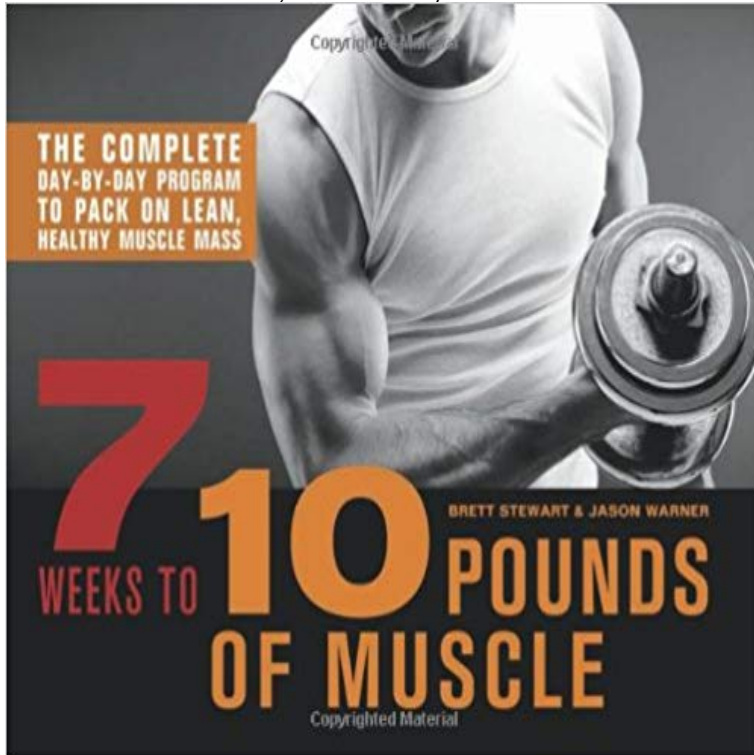


## 7 Weeks to 10 Pounds of Muscle: The Complete Day-by-Day Program to Pack on Lean, Healthy Muscle Mass



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