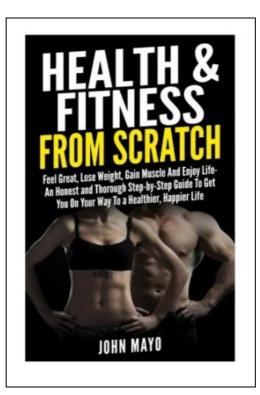
Health Fitness from Scratch: Feel Great, Lose Weight, Gain Muscle and Enjoy Life- An Honest and Thorough Step-By-Step Guide to Get You on Your Way to a Healthier, Happier Life.



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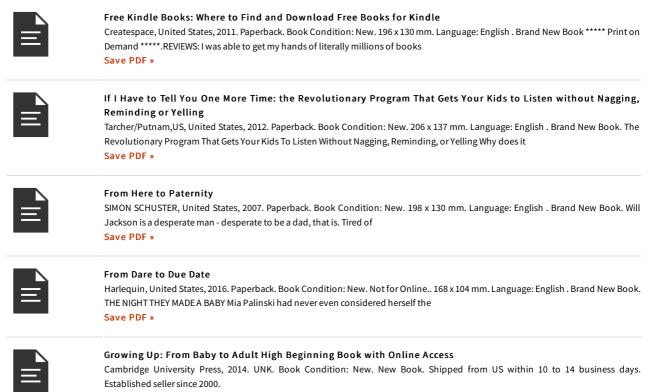
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