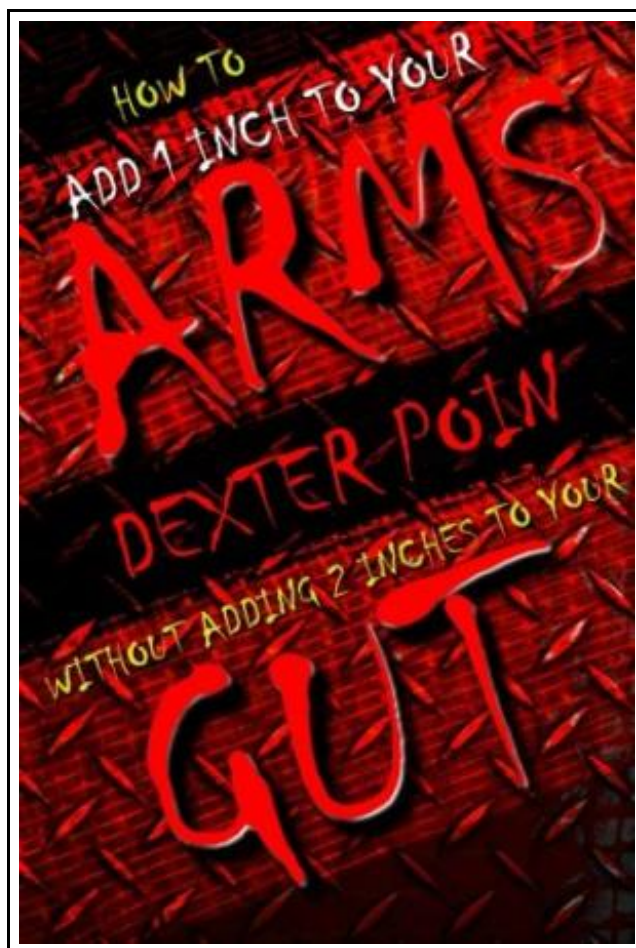


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HOW TO ADD 1 INCH TO YOUR ARMS WITHOUT ADDING 2 INCHES TO YOUR GUT

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