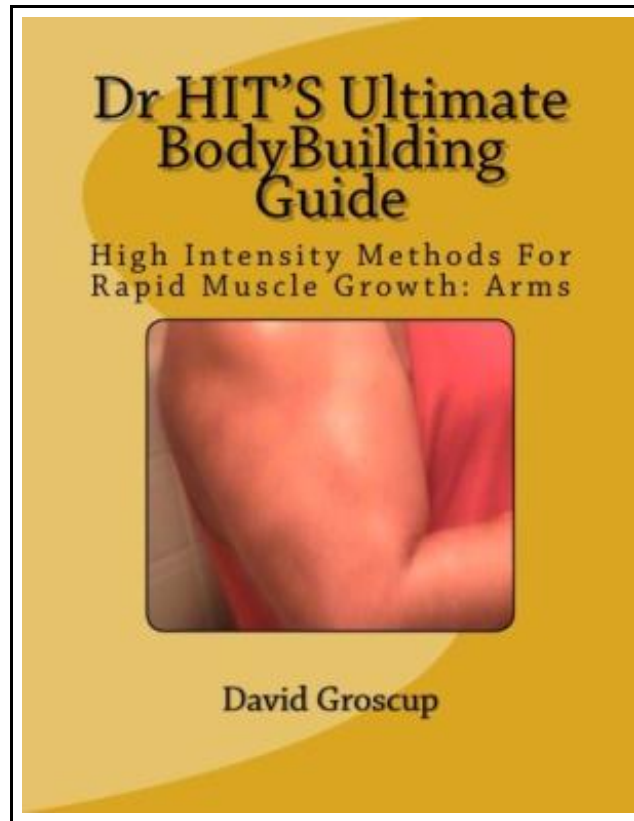


## Dr HITS Ultimate BodyBuilding Guide High Intensity Methods For Rapid Muscle Growth Arms



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