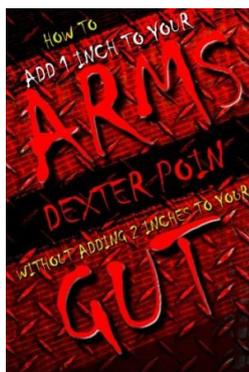


## How to Add 1 Inch to Your Arms Without Adding 2 Inches to Your Gut



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