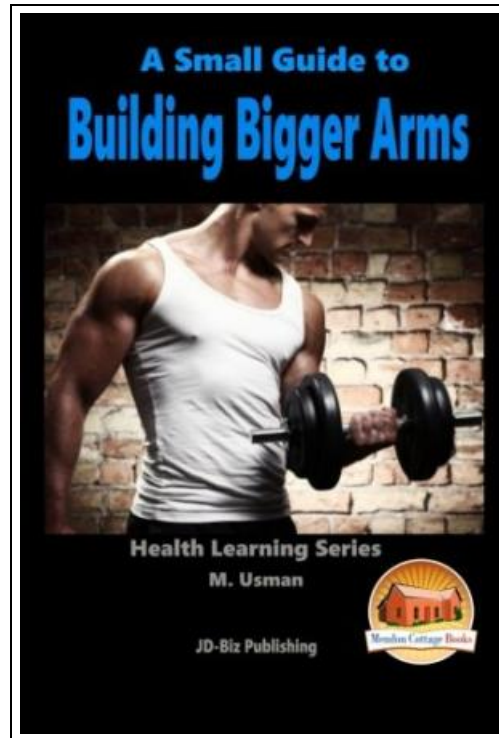


## A Small Guide to Building Bigger Arms



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## A SMALL GUIDE TO BUILDING BIGGER ARMS



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