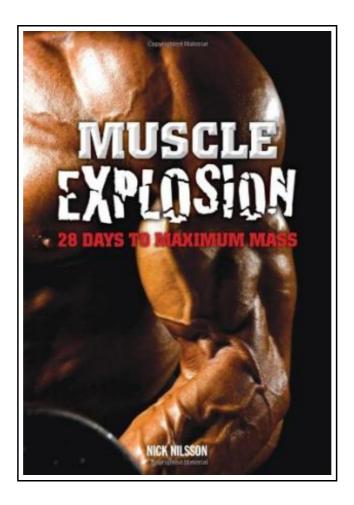
# Muscle Explosion: 28 Days to Maximum Mass



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(Russell Adams DDS)

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