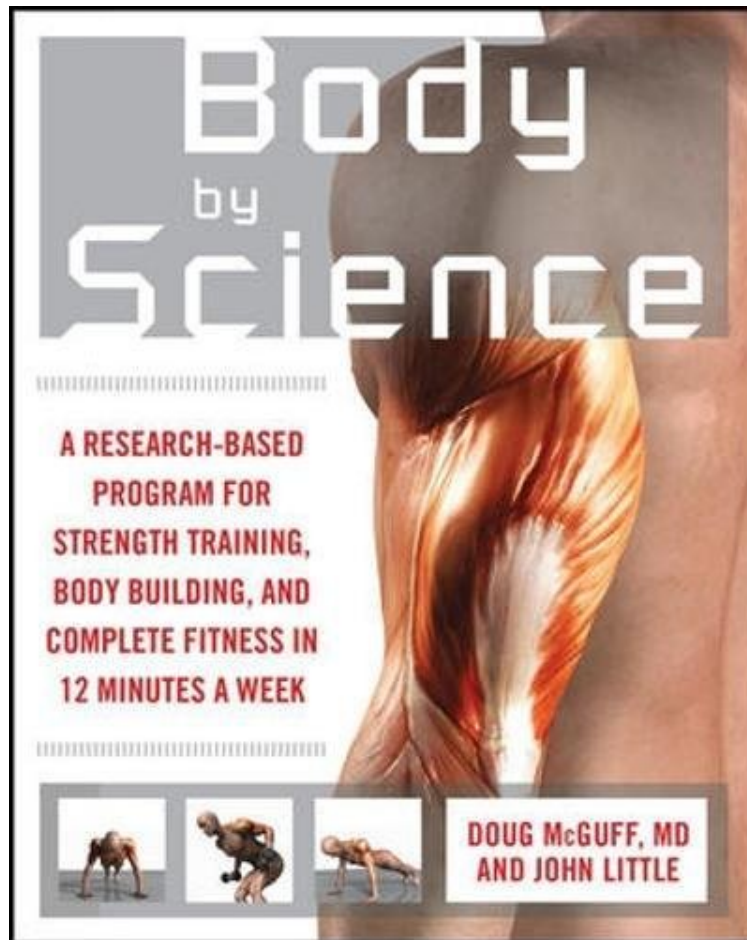


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# Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week

*John R. Little, Doug McGuff*

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