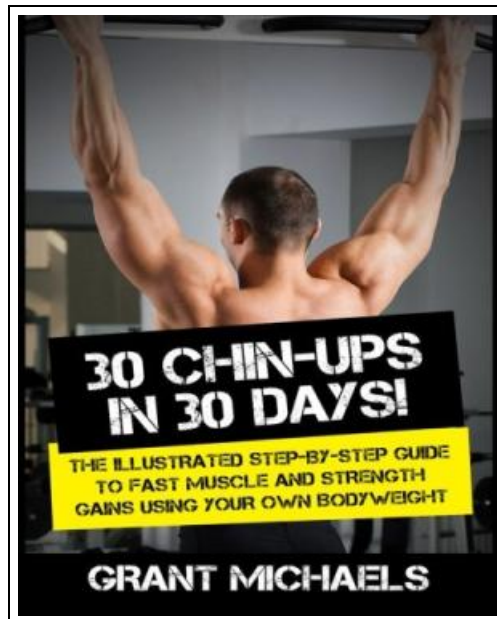


## 30 Chin-Ups in 30 Days!: The Illustrated Step-By-Step Guide to Fast Muscle and Strength Gains Using Your Own Bodyweight



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