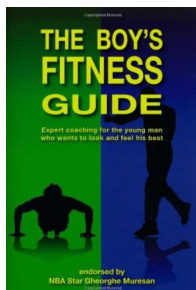


## The Boy's Fitness Guide: Expert Coaching for the Young Man Who Wants to Look and Feel His Best



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