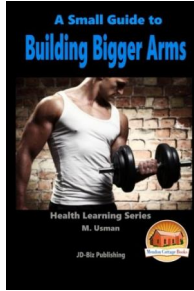


## A Small Guide to Building Bigger Arms



### Book Review

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(Nikko Bashirian)

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