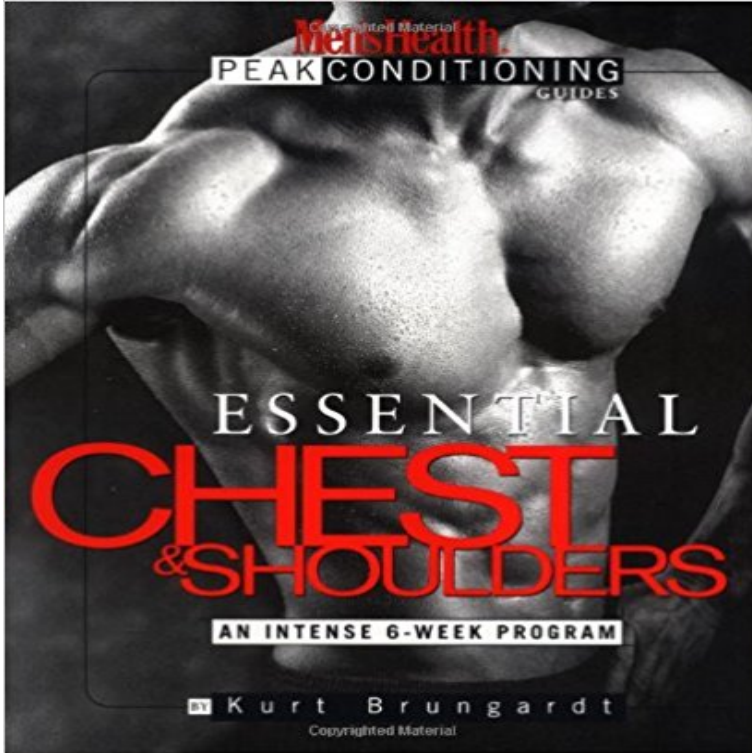


Essential Chest and Shoulders: An Intense 6-Week Program (Mens Health Peak Conditioning Guides)



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