

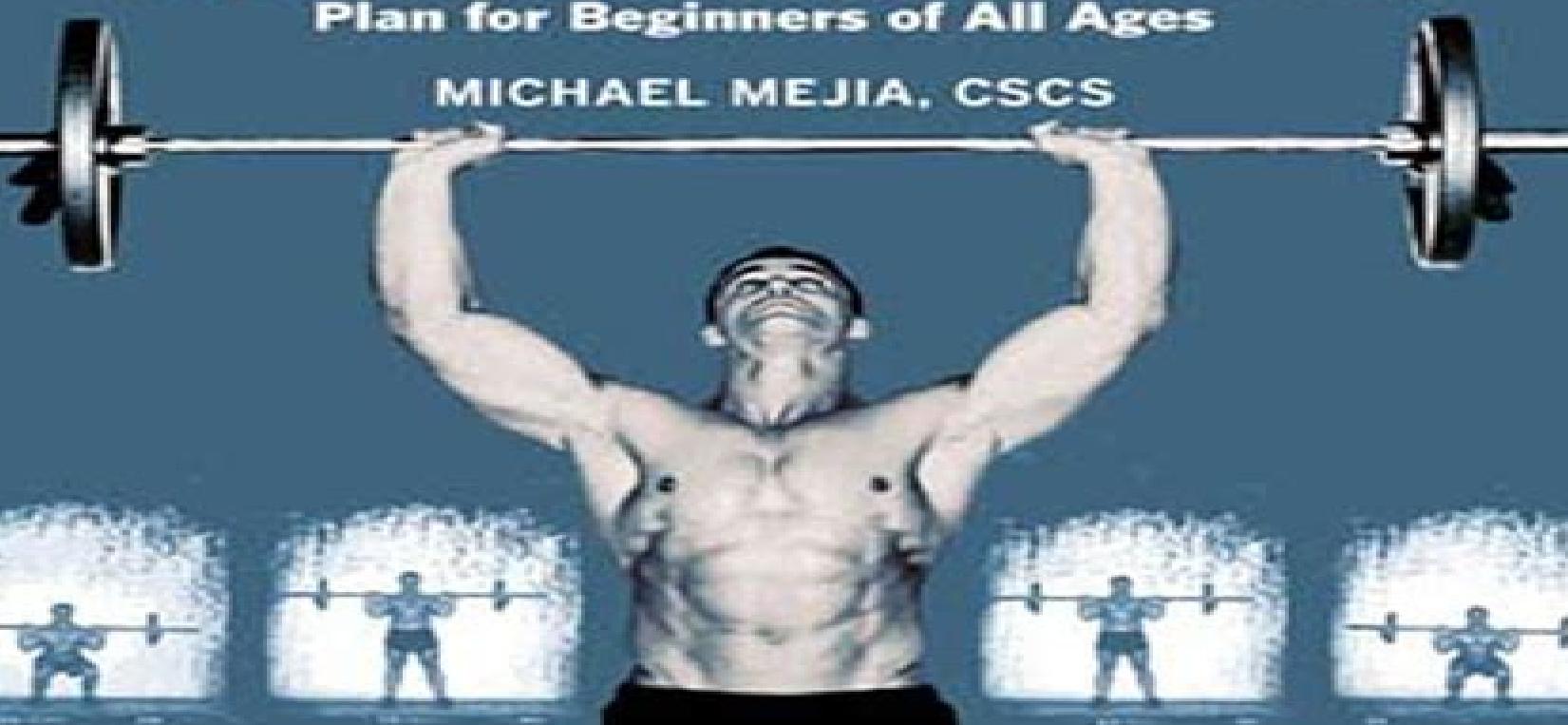


Men's Health

BETTER BODY BLUEPRINT

The Start-Right, Stick-to-It Strength-Training
Plan for Beginners of All Ages

MICHAEL MEJIA, CSCS



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Lamar Riley Murphy

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