



Men'sHealth

# BETTER BODY BLUEPRINT

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

MICHAEL MEJIA, CSCS



# Men S Health Better Body Blueprint Men S Health Better Body Blueprint

**Lamar Riley Murphy**



## **Men S Health Better Body Blueprint Men S Health Better Body Blueprint:**

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The Enigmatic Realm of **Men S Health Better Body Blueprint Men S Health Better Body Blueprint**: Unleashing the Language is Inner Magic

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