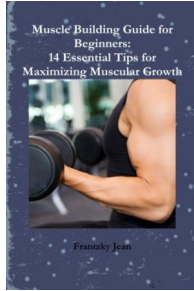


## Muscle Building Guide for Beginners: 14 Essential Tips for Maximizing Muscular Growth



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