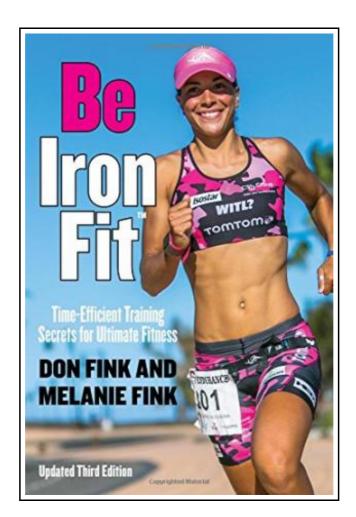
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BE IRON FIT: TIME-EFFICIENT TRAINING SECRETS FOR ULTIMATE FITNESS (3RD REVISED EDITION)

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