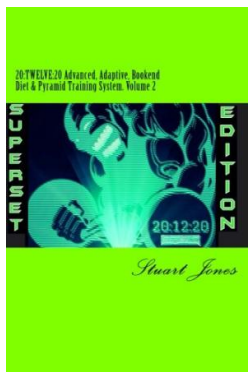


## 20: Twelve:20 Advanced, Adaptive Bookend Diet and Pyramid Training System. Volume 2



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