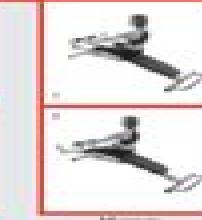
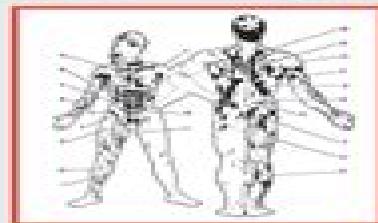


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# Weider Total Bodyworks 5000 Workout Guide

**Joe Weider**

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