

SUPERHERO PHYSIQUE

A Choose-your-own Bodybuilding Adventure



Shawn Buffington

foreword by Blueprint creator Rob Regish

Superhero Physique A Choose Your Own Bodybuilding Adventure

Bob Arnot

Superhero Physique A Choose Your Own Bodybuilding Adventure:

Superhero Physique Shawn Buffington, 2014-02-15 Super Hero Physique A Choose your own Bodybuilding Adventure is an informative and entertaining book packed with physical and mental transformation tools Inside you will find 15 chapters that cover such topics as the heroic mindset fat burning techniques muscle building strategies and muscle specialization programs to focus on enhancing specific muscle groups like various superheroes It also includes three appendix sections that include how to perform the exercises suggested how to calculate dietary needs training and diet logging templates and a super mass cocktail The information provided will be a go to resource for fitness enthusiasts as it is loaded with useful information and years worth of workout programs to suit individual needs As well as having well researched and tested information this book has been designed to be easy to understand and entertaining which is why it is book that you will want on your bookshelf Foreword by Rob Regish

Dr. Bob Arnot's Guide to Turning Back the Clock Bob Arnot, 2009-11-11

In his bestselling Guide to Turning Back the Clock Dr Bob Arnot showed men everywhere how to look younger feel younger be younger Now in his new book he reveals the secrets of permanent weight loss for both men and women and gives us a breakthrough eating plan for the twenty first century Drawing on up to the minute research in many disciplines Arnot demonstrates that foods act like drugs on the body some invariably promote weight gain and make us feel terrible others almost guarantee weight loss and make us feel terrific Armed with these findings Arnot shows step by step how anyone can discover new energy shed unwanted pounds and never suffer from hunger pangs simply by eating the right foods in the right combinations Complete with the most potent food charts ever assembled a complete arsenal of foods to promote weight control plus fat loss accelerators fat ripping exercises tips on dining in restaurants and much more Dr Bob Arnot's Perfect Weight Control for Men and Women is the ultimate guide for everyone who wants to feel great lose weight and look great

The Comics Journal , 1991 *Hero Maker: 12 Weeks to Superhero Fit* Duffy Gaver, 2020-04-21 A breakout training and fitness book by Hollywood trainer and former Navy SEAL Duffy Gaver featuring the tried and true workouts used by movie stars like Chris Pratt and Brad Pitt Former Marine sniper and ex navy Seal Duffy Gaver is the unsung hero of Hollywood As a master trainer to the stars he has transformed the bodies of actors such as Chris Hemsworth Chris Pratt Scarlett Johanson Brad Pitt and many others He is a Hero Maker He gets the most out of his clients by making them rethink their lives For Duffy the fitness industry sells a myth it's all about the latest and greatest fads Back in 1965 Larry Scott won the first Mr Olympia There was no Nike No thermogenic products No supplement industry How did he do it then With his will his discipline his desire The things that big businesses can't manufacture The first four minute mile the first iron man triathlon and the first world's strongest man all took place before 99% of today's companies even existed What does this prove None of this stuff is necessary Inside Hero Maker Duffy Gaver shares the knowledge and motivational sit downs that get his stars to take hold of their own bodies None of these stars bought their way to their impressive physiques they earned it with old

fashioned work and dedication He will tell you what you need to do to look super heroic and he will show you how you too can do this if you put yourself to the task Inside you will also find some of his game changing workouts to help get you there

Muscle Growth with HIT Bodybuilding: How to Get a Superhero Body with High Inten Jonathan Bukowski,2015-11-09 How to get a Superhero Body with High Intensity TrainingYou re About to Discover the Step By Step Way to Get a Superhero Looking Body Man of steelThere are several ways that you can get a superhero body though there is none yet as effective as using high intensity training This specialized type of training focuses on building your muscles with a low volume of exercises approximately twice or thrice a week that have a high level of intensity Implement What Leading Bodybuilders Are DoingThe results of this training are seen through leading body builders who have fully adopted these methods and their bodies clearly display the results To grow your muscle you need to do more than simple weight training This book offers you a guide on how you can start high intensity training what it means the different types of exercises and the best way to attain results whether you are a novice or beginner or a seasoned bodybuilder Benefits of HIT Training Rapid Fat Loss Aesthetic Body Shape Improved Fitness Levels Fast Metabolism Higher Levels of Energy A Small Preview High Intensity Training Exercises for the Upper Body High Intensity Training Exercises for the Lower Body Ways that HIT Training is done Full Body Workouts Split Light Full Body Workout The Giant Set HIT Bodybuilding Secrets that Will Guarantee Results Benefits of HIT bodybuilding Much Much More What Others Are Saying I workout religiously and I have read many books on the subject This one though has taken a different route it explains about HIT something I have rarely done However I have been implementing the workouts from this book at a faster pace than normal and the results are great JosephI ve been a big advocate of hit style training for the past six years the book is well written and leaves you with plenty of examples to help you coordinate routines and workouts I would definitely recommend buying the book and learning more about hit Christopher Mosley If you re a newbie on HIT bodybuilding you will take a great decision buying this title H LeeSo far I am very happy and also my friends are asking about it lately I think that is a sign of positive results Gordon Gutierrez

Training and Eating the Steve Reeves Way Greg Sushinsky,2016-06-21 The incomparable figure of Steve Reeves stands astride bodybuilding history so much so that some are not even sure he was real Rest assured though Steve Reeves and the magnificent physique he created some would say the greatest ever in bodybuilding was plenty real While many others admire Reeves and the physique he created the legacy of his type of physique has been obscured by the different direction modern bodybuilding has taken This should no longer be the case Although Reeves left a written legacy of his training and nutrition record many bodybuilders particularly natural bodybuilders still don t quite understand how to apply his principles of nutrition and working out to develop their own physiques That s where this little book comes in We examine not only Reeves training methods but offer explanations as to why Reeves chose and developed these as well as his unique yet straightforward approach to nutrition The beauty of Reeves approach is that with a little thought these methods can be

applied to any drug free bodybuilder for potentially terrific gains In this book you ll learn of Steve Reeves approach to exercise for building his legendary physique as well as some of the exercises Reeves used and why along with ideas on how to adapt these to your own needs and how to adjust your own workouts to construct your own classic natural physique Steve ReevesThere s also an examination of Reeves nutrition an often overlooked element of his success and how this approach also can be incorporated by natural bodybuilders In an age of fads and extreme nutrition this re examination of Reeves underrated knowledge and application of his nutritional approach can be a key to unlocking greater gains for natural bodybuilders Take a quick journey with us as we take a look at how the greatest physique in the history of the world got that way and how you too can develop your best physique ever by Training and Eating the Steve Reeves Way [Build Your Own Body](#) Kelly Donegan,2016-05-20 ARE YOU GOING TO TALK ABOUT THE BODY YOU WANT OR ARE YOU GOING TO BUILD IT Build Your Own Body is a revolutionary new book that shows you how to take control once and for all and create the body you want Kelly Donegan is a competitive bodybuilder so she understands the importance of looking good in a bikini but she wasn t always this way While suffering from crippling depression Kelly turned to fitness and instantly found her saviour and a source of empowerment Now she is passionate about sharing the benefits with you First Build Your Own Body will teach you everything you need to know about to start your fitness journey the right routine the best food step by step exercises and the supplements that can help Second choose your Build Your Own Body plan bigger bum Flatter stomach Quick fix Fat loss Healthy mind Third get building So are you ready to join the strong revolution and take back control of your life your mind and your body IF YOU WANT IT YOU HAVE TO BUILD IT [Real Life Superman](#) Markus Kassel,2015-07-16 What If You Knew a Sure Fire Way to Build the Ultimate Body and Become a Real Life Superman You ve always dreamt of developing the physique of a superhero ripped You don t have much cash and can t afford a gym membership You have a hectic schedule and can t train at fixed hours You don t want to starve yourself to death to lean down You re looking to build muscle but don t want to sacrifice speed or agility in the process Your health is important to you and you wish to improve it You want to realize your full potential and reach for the stars This program is unlike any other in that it acknowledges the fact that most guys can t make everything revolve around forging their physique They can t go around their day eating sleeping and training for a superior body They have duties to attend to friends family and activities which require their attention In short they can t follow the crazy schemes suggested by all fitness gurus What they need is a proven method that can bring results without needing to sacrifice their entire life for it Stop Wasting Your Time Learn How to REALLY Eat and Train to Turn Into a Lean The most effective exercises for building insane amounts of strength and muscle with nothing but your own body weight How to become a true cardio beast with a few simple drills Just imagine how your life will change once you get that superior body A body that not only feels great but performs even better How people will look at you differently with awe and admiration Your energy levels will skyrocket your friends will beg you to share your secret you will have become faster stronger and

more jacked than 99% of the population The only thing that still stands between you and this reality is one last step Show the World What You're Made of If you're serious about achieving high levels of fitness and getting in the best shape of your life don't waste another minute Your new life is only one click away Scroll up and click the Buy button and get started on the incredible journey that will make a real life superman out of you *How to Build a Monstrous Physique: for the Extreme Hardcore Bodybuilder* Nekoterran,2016-04-29 TO MY OUT OF SHAPE FRIEND You have come to the right place The information in this e book contains exact knowledge on how to build a monstrous physique for the extreme hardcore bodybuilder If you learn how and apply what you learn you will achieve just as the title reads guaranteed What is in this book This book is a step by step guide to building a monstrous physique If you desire to know what builds muscles causes excess body fat how to burn body fat maintain an alkaline body temperature and the basics on bodybuilding all of this information is covered in my other book This is NOT a beginners program To successfully complete the monstrous program you must first master 1 How to Build More Muscle than Ever before and Maintain Muscle Mass Permanently 2 Cleanse and Reconstruct the Intestines The Most Powerful Internal Detoxification Program The monstrous program is the final step of the trio What separates this program from other bodybuilding programs What separates the monstrous program are RESULTS The internal system must be clean and be functioning in optimal shape to build extremely large muscles If you choose to follow through with the guidelines in these pages after the completion of the other 2 programs your health fitness body and muscular physique will be untouchable If you do not experience change after the completion of the monstrous program you will receive 100% of your money back guaranteed Included in this e book Bonus 1 receive 5 discount on first time natural herb orders Bonus 2 receive even more updates from Nekoterran This program is not a quick fix it requires a few weeks of dedication and a lot of work on your part Required for the completion of this program Spend 150 on natural herbs Make dietary changes Dedicate yourself for a few weeks to the program Approach the program with an open mind and be open to new methods and new ideas Open an iherb com account Enjoy optimal health If you cannot commit to the above points 100% DO NOT PURCHASE THIS PROGRAM This is not a program for you If you agreed to all the points above prepare for a permanent change Available for a limited time for only 13.99 Click on the Add to Cart above **CS Monstrous B&W**

Nekoterran,2017-03-25 How to build muscle strength training bodybuilding nutrition bodybuilding diet bodybuilding anatomy exercise therapy muscle therapy muscle health and much more are all covered in detail in the program The information in this program contains exact knowledge on how to build a monstrous physique for the extreme hardcore bodybuilder If you learn how and apply what you learn you will achieve just as the title reads guaranteed What is in this program This program is a step by step guide to building a monstrous physique If you desire to know what builds muscles causes excess body fat how to burn body fat maintain an alkaline body temperature and the basics on bodybuilding all of this information is covered in my other program This is NOT a beginners program To successfully complete the monstrous

program you must FIRST master 1 How to Build More Muscle than Ever before and Maintain Muscle Mass Permanently 2 Cleanse and Reconstruct the Intestines The Most Powerful Internal Detoxification Program The monstrous program is the final step of the trio What separates this program from other bodybuilding programs What separates the monstrous program are RESULTS The internal system must be clean and be functioning in optimal shape to build extremely large muscles If you choose to follow through with the guidelines in these pages after the completion of the 3 programs your health fitness body and muscular physique will be untouchable If you do not experience change after the completion of the monstrous program you will receive 100% of your money back guaranteed Included in this program Bonus Monstrous Physique Workout Program This program is not a quick fix it requires 8 10 weeks of dedication and a lot of work on your part Required for the completion of this program Spend 150 on natural herbs Make dietary changes Dedicate yourself for 8 10 weeks to the program Approach the program with an open mind and be open to new methods and new ideas Enjoy optimal health If you cannot commit to the above points 100% DO NOT PURCHASE THIS PROGRAM This is not a program for you If you agreed to all the points above prepare for a permanent change Available for a limited time for only 13 99 Click on the Buy now with 1 Click above [How to Build a Monstrous Physique](#) Nekoterran,2017-03-25 TO MY OUT OF SHAPE FRIEND You have come to the right place The information in this book contains exact knowledge on how to build a monstrous physique for the extreme hardcore bodybuilder If you learn how and apply what you learn you will achieve just as the title reads guaranteed What is in this book This book is a step by step guide to building a monstrous physique If you desire to know what builds muscles causes excess body fat how to burn body fat maintain an alkaline body temperature and the basics on bodybuilding all of this information is covered in my other book This is NOT a beginners program To successfully complete the monstrous program you must first master 1 How to Build More Muscle than Ever before and Maintain Muscle Mass Permanently 2 Cleanse and Reconstruct the Intestines The Most Powerful Internal Detoxification Program The monstrous program is the final step of the trio What separates this program from other bodybuilding programs What separates the monstrous program are RESULTS The internal system must be clean and be functioning in optimal shape to build extremely large muscles If you choose to follow through with the guidelines in these pages after the completion of the 3 programs your health fitness body and muscular physique will be untouchable If you do not experience change after the completion of the monstrous program you will receive 100% of your money back guaranteed Included in this program Bonus 1 10% off all supplements Bonus 2 Monstrous Physique Workout Program This program is not a quick fix it requires 8 10 weeks of dedication and a lot of work on your part Required for the completion of this program Spend 150 on natural herbs Make dietary changes Dedicate yourself for 8 10 weeks to the program Approach the program with an open mind and be open to new methods and new ideas Enjoy optimal health If you cannot commit to the above points 100% DO NOT PURCHASE THIS PROGRAM This is not a program for you If you agreed to all the points above prepare for a permanent change Available for a limited time for only 16

99 Click on the Buy now with 1 Click above [How to Build a Monstrous Physique](#) Nekoterran, Nekoterran LLC, 2016-02-01 TO MY OUT OF SHAPE FRIEND You have come to the right place The information in this book contains exact knowledge on how to build a monstrous physique for the extreme hardcore bodybuilder If you learn how and apply what you learn you will achieve just as the title reads guaranteed What is in this book This book is a step by step guide to building a monstrous physique If you desire to know what builds muscles causes excess body fat how to burn body fat maintain an alkaline body temperature and the basics on bodybuilding all of this information is covered in my other book This is NOT a beginners program To successfully complete the monstrous program you must first master 1 How to Build More Muscle than Ever before and Maintain Muscle Mass Permanently 2 Cleanse and Reconstruct the Intestines The Most Powerful Internal Detoxification Program The monstrous program is the final step of the trio What separates this program from other bodybuilding programs What separates the monstrous program are RESULTS The internal system must be clean and be functioning in optimal shape to build extremely large muscles If you choose to follow through with the guidelines in these pages after the completion of the other 2 programs your health fitness body and muscular physique will be untouchable If you do not experience change after the completion of the monstrous program you will receive 100% of your money back guaranteed Included in this e book Bonus Monstrous Physique Workout Program This program is not a quick fix it requires 8 10 weeks of dedication and a lot of work on your part Required for the completion of this program Spend 150 on natural herbs Make dietary changes Dedicate yourself for 8 10 weeks to the program Approach the program with an open mind and be open to new methods and new ideas Enjoy optimal health If you cannot commit to the above points 100% DO NOT PURCHASE THIS PROGRAM This is not a program for you If you agreed to all the points above prepare for a permanent change Available for a limited time for only 16 99 Click on the Buy now with 1 Click above [Gorilla Suit](#) Bob Paris, 1998-10-15 An inside look at the world of professional bodybuilding by the former Mr Universe Bob Paris An unexpectedly eloquent guide Kirkus Reviews [The Bodybuilding.com Guide to Your Best Body](#) Kris Gethin, 2010-12-28 MAKE YOUR DREAM BODY A REALITY FROM KRIS GETHIN editor in chief of the world's leading online fitness site Bodybuilding.com comes a revolutionary 12 week diet and exercise program supported by two million members and thousands of real life success stories Body by Design is a plan that promotes health from the inside out starting by breaking down the mental blocks that are holding you back then by building up the muscles on your body and finally by adding delicious healthy food onto your plate Rather than subtracting things from your life cutting out calories losing weight banishing your belly here's how to add more of the right things more muscle more support and more success Motivation is the key factor that drives permanent change and with Body by Design you can finally learn how to activate your inner motivation and With the proper balance of weight training make fit happen forever cardiovascular exercise and nutrition along with the motivational tools to stick with that program for the long term even people who have struggled with fitness for

their entire lives can achieve spectacular lasting results Join the Transformation Nation and create your own story that will inspire others with Body by Design In Body by Design you ll learn the optimal balance of weight training cardiovascular exercise and nutrition along with the motivational tools to stick with your goals and achieve dramatic results Rather than subtracting things from your life cutting calories losing weight banishing your belly here s how to more muscle more support and more success Based on the best practices found at Bodybuilding com the world s leading online fitness site Body by Design shows that amazing things can happen when people get the tools they need to achieve their fitness goals YOU CAN TRANSFORM YOUR BODY GET AND STAY MOTIVATED Identify your Transformation Trigger and create a system of radical accountability in your life whether your goal is to lose 30 pounds of fat or gain 30 pounds of muscle EXERCISE FOR OPTIMUM RESULTS with a fully illustrated 12 week workout By changing your routine often you will shock your body into doing more than you ever thought you could EAT CLEAN TO GET LEAN with simple inexpensive and delicious recipes Supercharge your metabolism and keep hunger under control TIFFANY FORNI is a self professed fat girl turned fitness nerd who turned her newfound passion for health into a career as a personal trainer ROCHELLE FORD came from a family of unhealthy eaters but eventually lost more than 100 pounds and converted her family to her good habits in the process CLAUDIO RAMOS has more energy than ever after his 135 pound weight loss It s like I ve been reborn RICKY HOWELL achieved a stronger body and a newfound sense of confidence after his divorce PLUS YOU LL READ AMAZING STORIES and see remarkable before and after photos from people just like you who have experienced dramatic life changing results

The Body Engineer Shane Ellis, 2016-12-05 THE 1 NO BS NATURAL BODYBUILDING BOOK WITH WORKOUT VIDEOS INCLUDED If you want to build muscle lose fat and look great as quickly as possible without the use of steroids good genetics or wasting ridiculous amounts of time in the gym and money on supplements then this book is for YOU Here s the deal Do you ever find yourself confused not believing or just unmotivated It s okay it s not your fault The market for fitness information is over saturated with BS information The truth is building muscle and burning fat isn t nearly as complicated as the fitness industry wants you to believe You don t need to spend hundreds of dollars per month on the worthless workout supplements that steroid fueled bodybuilders swear by You don t need to constantly change up your weightlifting exercises to build muscle mass Muscle building is much simpler than that You don t need to spend a couple of hours every day doing tons of weight training sets supersets drop sets etc You don t need to grind out hours of boring cardio to shed ugly belly fat and get a six pack You probably don t have to do ANY cardio actually Those are just a few of the harmful myths that keep guys like you from ever achieving the ripped muscular strong and healthy body you deserve And in this book you re going to learn something most people will never know that stop them from getting to the next level The key to muscle building nutrition and training methods that make putting on 10 to 15 lbs of chiseled mass with a breeze and it only takes a few months 90 days in fact You know the old saying of knowledge is power It s true This book reveals The biggest muscle building mistakes that

keep doers small weak and frustrated How to lose fat and build muscle while eating the worlds most nutrient dense foods that get you feeling like a new YOU An all in one bodybuilding routine that will give you a big full chest a wide tapered back bulging arms and thick powerful legs in just 3 to 6 hours of exercise per week doing weight training workouts that you actually wake up and look forward to A no BS guide to bodybuilding supplements that will save you from wasting THOUSANDS of dollars each year on bunk science and marketing hype This book will pay for itself tenfold How to master your mind and to develop the self discipline and motivation you need to engineer the body of your dreams If you like bodybuilding motivation this guide is for you What to eat before and after your workouts to build muscle fast Your Pre Post workout meal make bodybuilding diet plans maximally effective Imagine in just 90 days from now having a head turning physique and being constantly asked how the heck you re doing it Imagine enjoying the added benefits of high energy levels no aches and pains more libido clear thinking and knowing that you re working towards a better YOU everyday The bottom line is you CAN achieve that Hollywood body without having your whole life revolve around it It s easy There are just some things you need to know SPECIAL BONUS FOR READERS With this fitness book you ll also get workout videos that guide you though every single workout a detailed grocery list with the most nutrient dense foods that you can buy workout plans workout result sheets supplement and nutrition guides to maximize a better YOU in the shortest amount of time Scroll up click the Buy button now and begin your journey to feeling better looking better getting back in shape and a much better YOU

Action Movie Hero Workouts Dave Randolph,2025-11-04 **DO YOU WANT A SCULPTED SUPERHUMAN PHYSIQUE** Whether you want to look like Thor Captain America or Batman Action Movie Hero Workouts offers high intensity training programs that are guaranteed to produce the results you want Packed with over 250 step by step photos this book shows how to sculpt and define your chest back arms legs and butt for **DO YOU WANT A SCULPTED SUPERHUMAN PHYSIQUE** Whether you want to look like Thor Captain America or Batman Action Movie Hero Workouts offers high intensity training programs that are guaranteed to produce the results you want Packed with over 250 step by step photos this book shows how to sculpt and define your chest back arms legs and butt for **Incredible power Explosive speed Massive strength** Comic book superheros get rippled abs and bowling ball sized biceps with a stroke of the artist s pen The actors who portray them in Hollywood blockbusters are not so lucky To acquire the same chiseled jaw dropping body they follow the hardcore workouts detailed in this book In addition to exciting comprehensive workouts the book gives detailed nutritional advice that will help you build and maintain your new blockbuster body **IMPORTANT NOTE TO READERS** This book is an independent publication No endorsement or sponsorship by or affiliation with movies comics books celebrities or other copyright and trademark holders is claimed or suggested All references in this book to movies comics books celebrities and copyrighted or trademarked characters and other elements of the mentioned movies comics and books are for the purpose of commentary criticism analysis and literary discussion only **Flawless** Bob Paris,2009-02-28 Champion bodybuilder Paris

follows his Beyond Built with this unique program for accelerated gains that will give the reader the body he wants in only ten weeks Included are step by step methods to accelerate the bodyshaping process attain a total image motivate the mind customize one s diet feel great and keep the results 150 photos **Classic Physique Builder's Handbook** István Bán,2024-05-08 Enter the world of real natural bodybuilding with István Bán's ultimate handbook Build your own classic physique with effective full body workouts in the spirit of pre steroid era superstars like Steve Reeves Leroy Colbert or Vince Gironda This tome collects the best of old school knowledge and presents it in a unified system to help you achieve the body you've always dreamed of In an easy to digest format and illustrated with plenty of photographs the Classic Physique Builder's Handbook introduces you to the ideals of the original classic physique tells you the greatest secrets of natural muscle building guides you into the magnificent world of full body workouts helps you create your own full body routine contains complete instructions for the best free weight exercises shows you how a well balanced diet looks like gives you the power of total weight control provides you a step by step guide for creating your custom meal plan includes a lot of Olympian recipes offers you advices for an overall healthier life and much more **Muscle Rx** James Kohler,2007-12-14 Learn more and stay motivated by Pro Natural Bodybuilder and Mr California James Kohler on achieving your ultimate physique most efficiently

[Your Ultimate Body Transformation Plan: Get into the best shape of your life - in just 12 weeks](#) Nick Mitchell,2015-12-31
The 12 week plan for men to get into the best shape of their life Burn fat build muscle and get that ideal body

Whispering the Secrets of Language: An Emotional Journey through **Superhero Physique A Choose Your Own Bodybuilding Adventure**

In a digitally-driven world wherever monitors reign great and immediate communication drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words usually go unheard. However, nestled within the pages of **Superhero Physique A Choose Your Own Bodybuilding Adventure** a fascinating literary prize blinking with organic emotions, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus encourages viewers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the muscles of each and every word. Within the psychological depths of the poignant review, we shall embark upon a honest exploration of the book is core subjects, dissect its captivating publishing design, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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Superhero Physique A Choose Your Own Bodybuilding Adventure Introduction

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