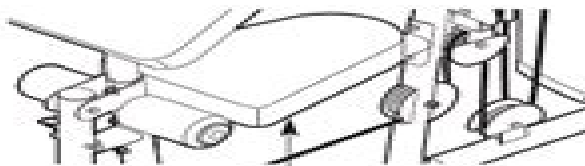


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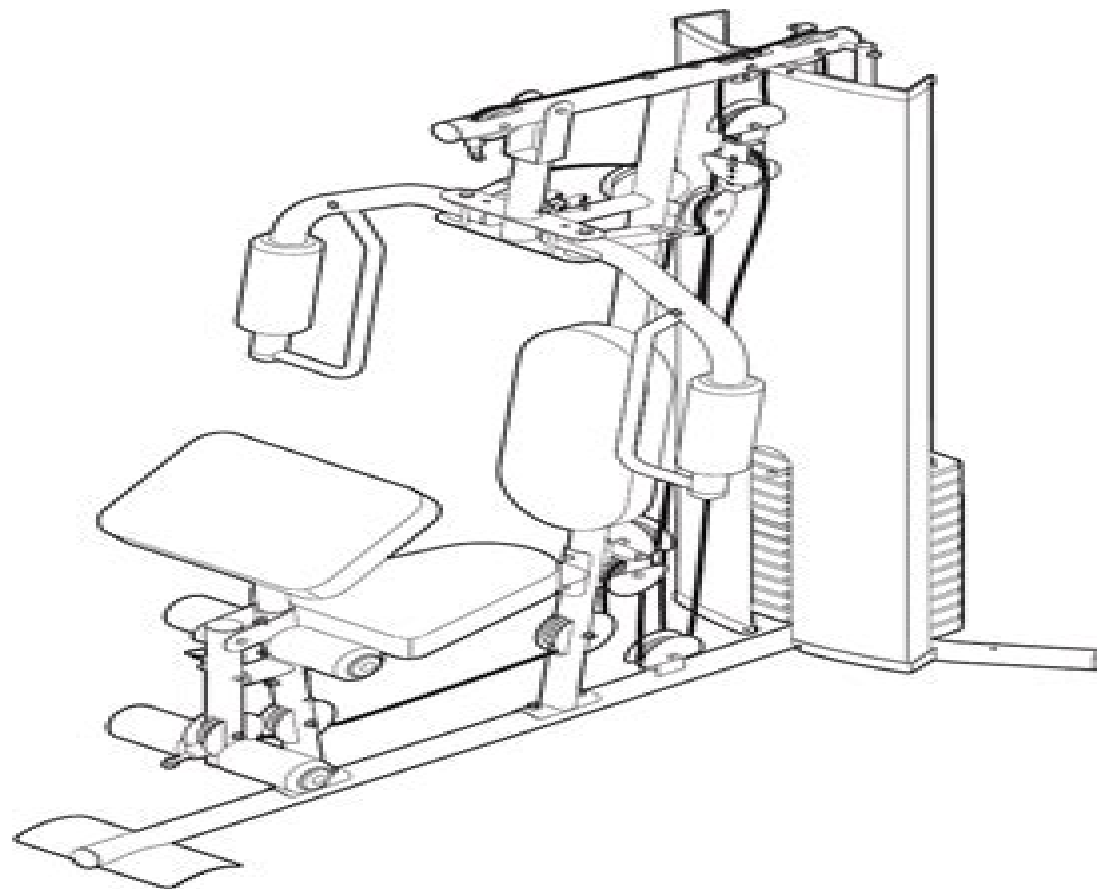
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Weider Pro 4500 Weight System Exercise Guide

John McDillon



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