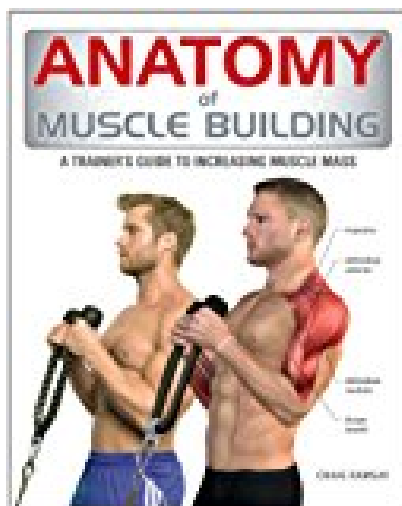


# Anatomy of Muscle Building A Trainers Guide to Increasing Muscle Mass

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## BOOK DETAILS

- Author : Craig Ramsay
- Pages : 160 Pages
- Publisher : Firefly Books
- Language : English
- ISBN : 1554078164



## BOOK SYNOPSIS

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