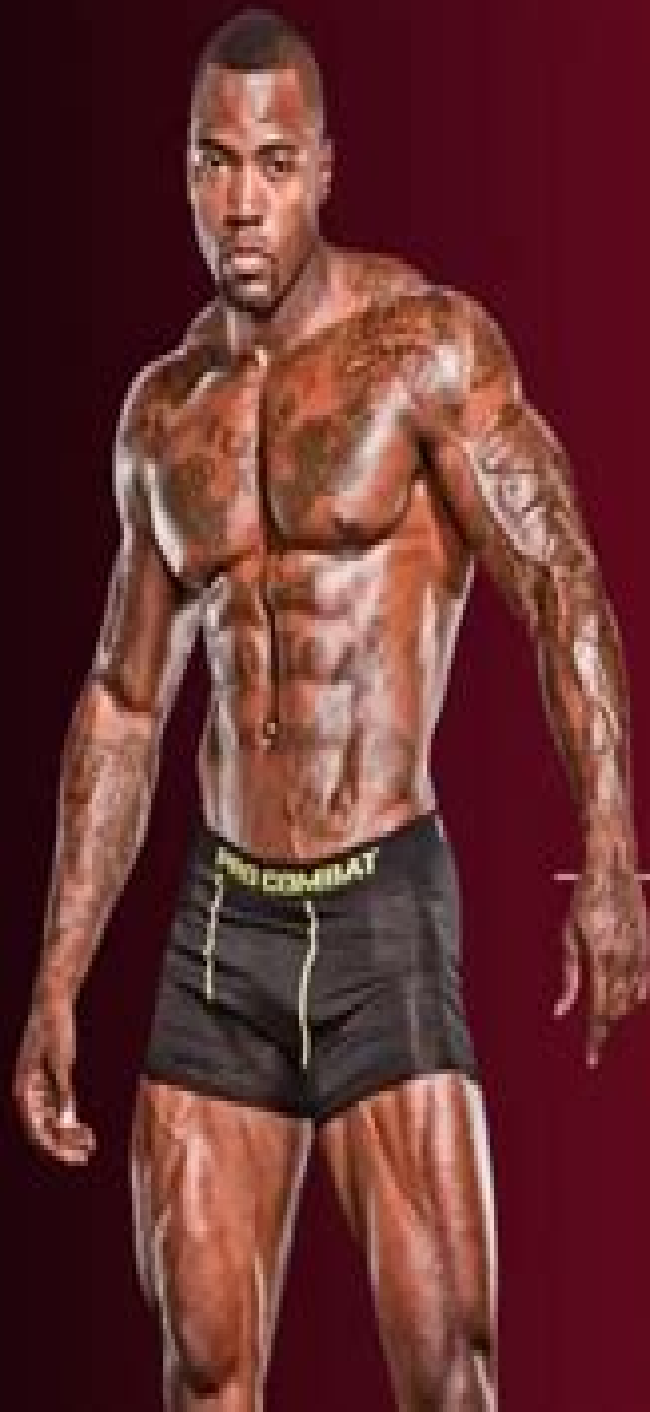




Mike Rashid's

Workout Routine

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Michael Hoelscher

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