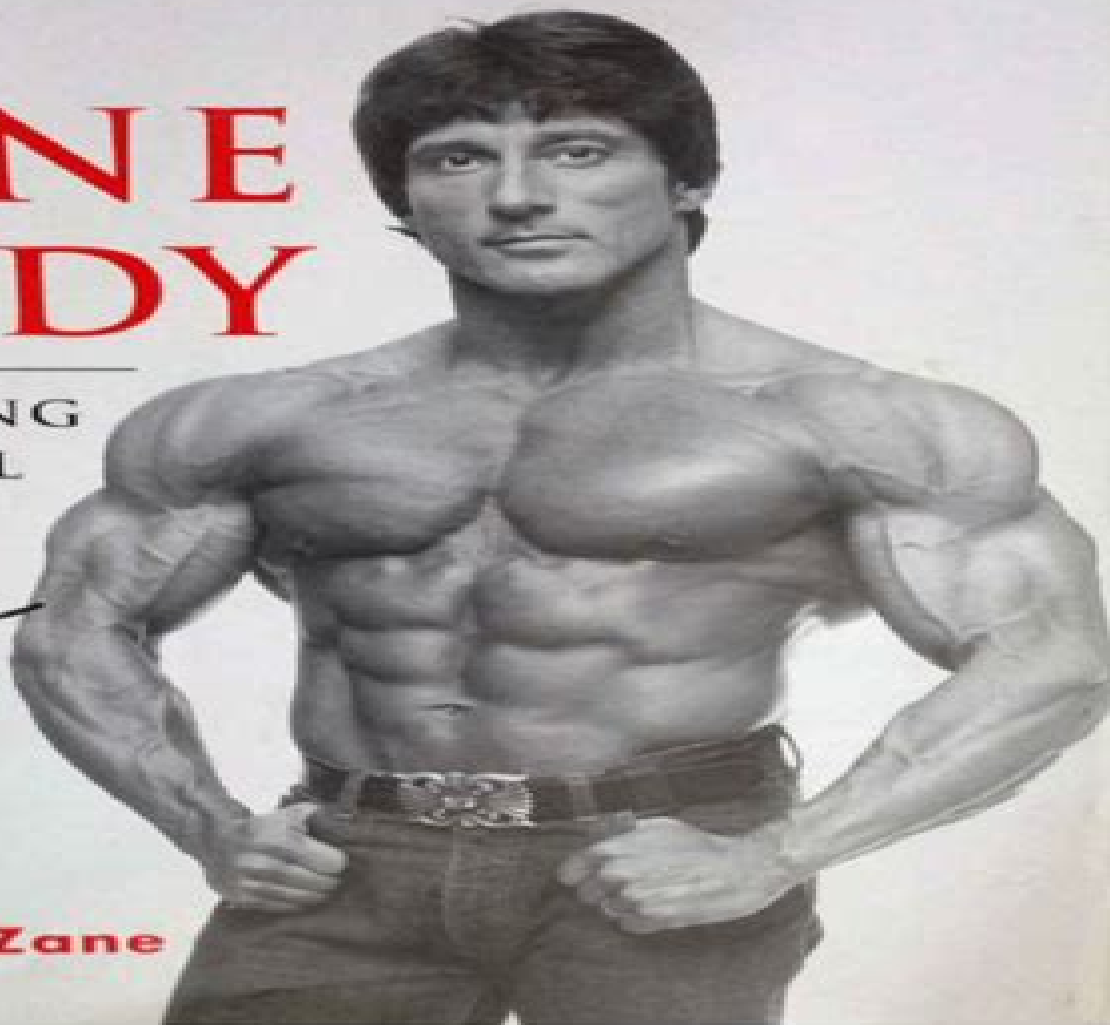


THE ZANE BODY

TRAINING
MANUAL

Frank Zane

by
Frank Zane



The Zane Body Training

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