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The bottom line is that the book lays out the basics for men who are interested in improving the shape of their body. Most of the book is dedicated to showing and telling you what each exercise is and how to do it properly. If you are already in shape, have a good program that you are happy with then you don't need this book. http://ebookslibrary.club/Amazon-com--Customer-reviews--The-Body-Sculpting-Bible-for--.pdf

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