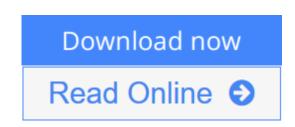


The German body comp program: Burn fat and build muscle on the only program that uses weight training for weight loss

By Charles Poliquin



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Workout program to build muscle and slim you down. Not for the beginner but for the advanced fitness individual.

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