



Mike Mentzer's High Intensity Training Program (All natural muscular development)

Mike Mentzer

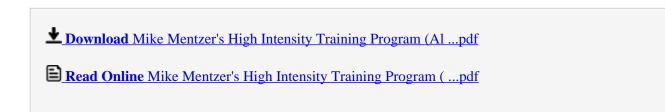
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