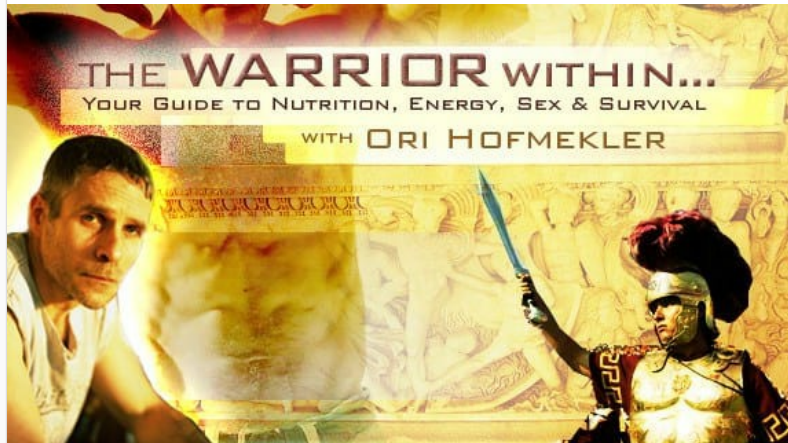


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What are the 3 most detrimental causes of muscle wasting that you may have NOT been aware of? What needs to be done to address them? How often should you train? How long should your workout sessions be? Should most of your protein intake come from your diet or from supplements? What are the minerals you lose most? Are your fitness goals FIXED by false ideals? Can you become leaner and stronger at the same time? Stay tuned for our New Year special offer.



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