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Smokin' Hot Guns!!: How an Average Guy Can Get Big, Muscular Arms In One Workout A Week

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Trainer X
I'm Trainer X and the picture your see on the cover of my book is my *unpumped*, *steroid-free* arm. I spend a total of 1 to 2 minutes A MONTH working my biceps, and another 1 to 2 minutes A MONTH working my triceps. This book will show you how to get your biggest possible arm in the least amount of time.

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