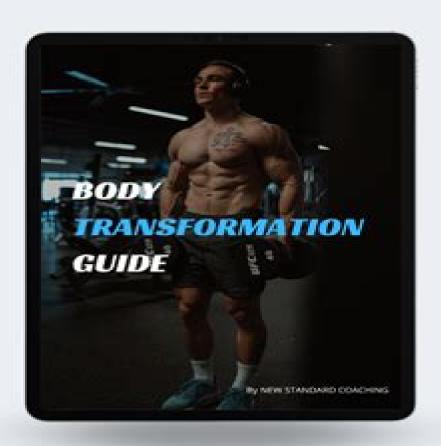
# BODY TRANSFORMATION GUIDE E-BOOK



#### LEARN HOW TO ....

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- Find your maintenance calories
- Design your macro breakdown
- Implement cardio effectively
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#### **Body Transformation Guide** Book Review: Unveiling the Magic of Language

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