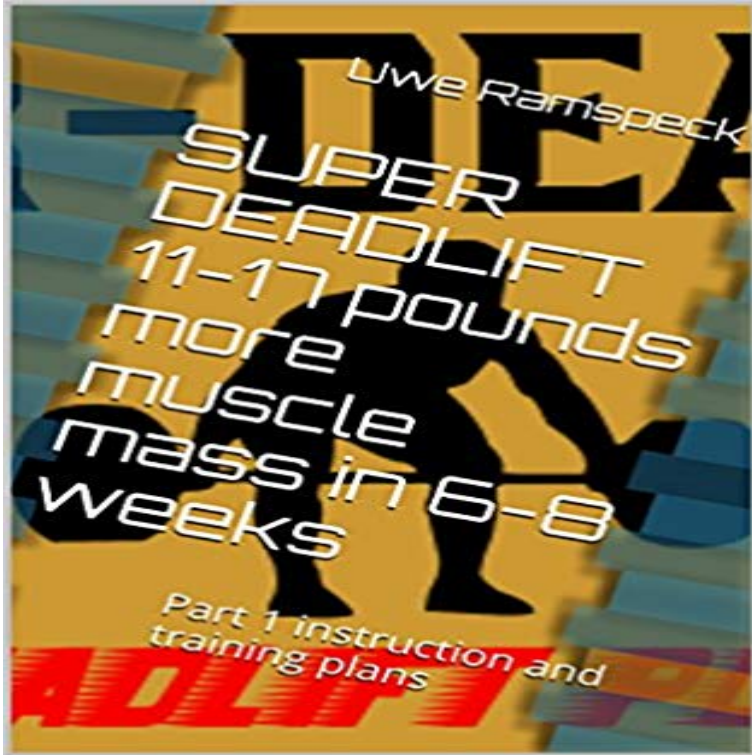


## SUPER DEADLIFT 11-17 pounds more muscle mass in 6-8 weeks: Part 1 instruction and training plans



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