

# Bodybuilding Guide

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This book is an epic and definitive compendium of Bodybuilding and steroid knowledge, based on decades of learning, experience, and scientific research.

Bodybuilding is the process of maximizing muscle hypertrophy through the combination of weight training, sufficient caloric intake, and rest. Someone who engages in

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It is our opinion that HCG is probably one of the most misunderstood and misused compounds in bodybuilding. Hopefully this information will go some way towards

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