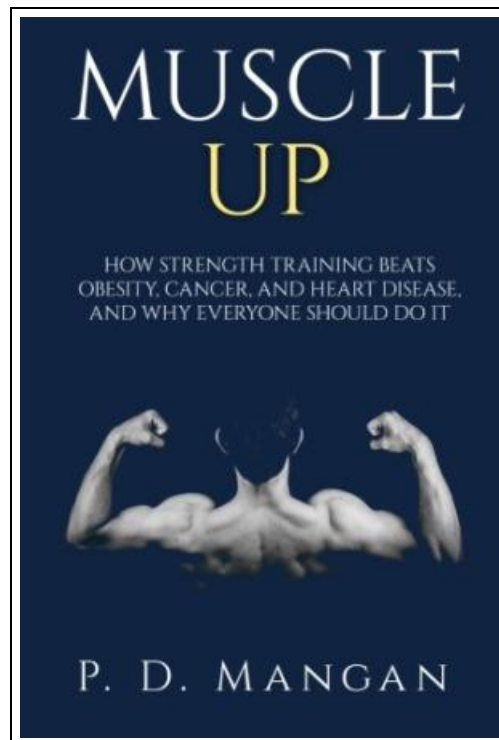


## Muscle Up: How Strength Training Beats Obesity, Cancer, and Heart Disease, and Why Everyone Should Do It



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