

A man wearing a blue baseball cap and a blue long-sleeved shirt is looking down at his muscular torso. The image is overlaid with a semi-transparent blue filter. In the top right corner, there is a red triangle.

A simple guide to
**PHYSICAL
FITNESS**

WHAT I WISH I KNEW WHEN I
HAD 65 LB MORE BODY FAT
AND 25 LB LESS MUSCLE MASS.

Mans Common Sense Guide To Physical Fitness

Robert Delmonteque



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