

A close-up, low-angle shot of a muscular man, Lou Ferrigno, lifting a heavy barbell. His face is partially visible at the top, showing intense concentration. The barbell is in the foreground, with its weights and the man's hands gripping it. The background is dark and out of focus.

**LOU FERRIGNO'S
BODY PERFECTION**

Lou Ferrigno Body Perfection

IM Harris



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