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states something along the lines that 'joint preparation work should begin from day 1', but the book 'Liquid Steel' has no release date yet.:bang: I don't know whether the book will be on general release to Amazon.

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person forcing you to exercise). The title of this book is misleading for a start, it is not about building the gymnastic body at all, all it is is a series of chapters describing some of the positions and exercises involved in ...

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