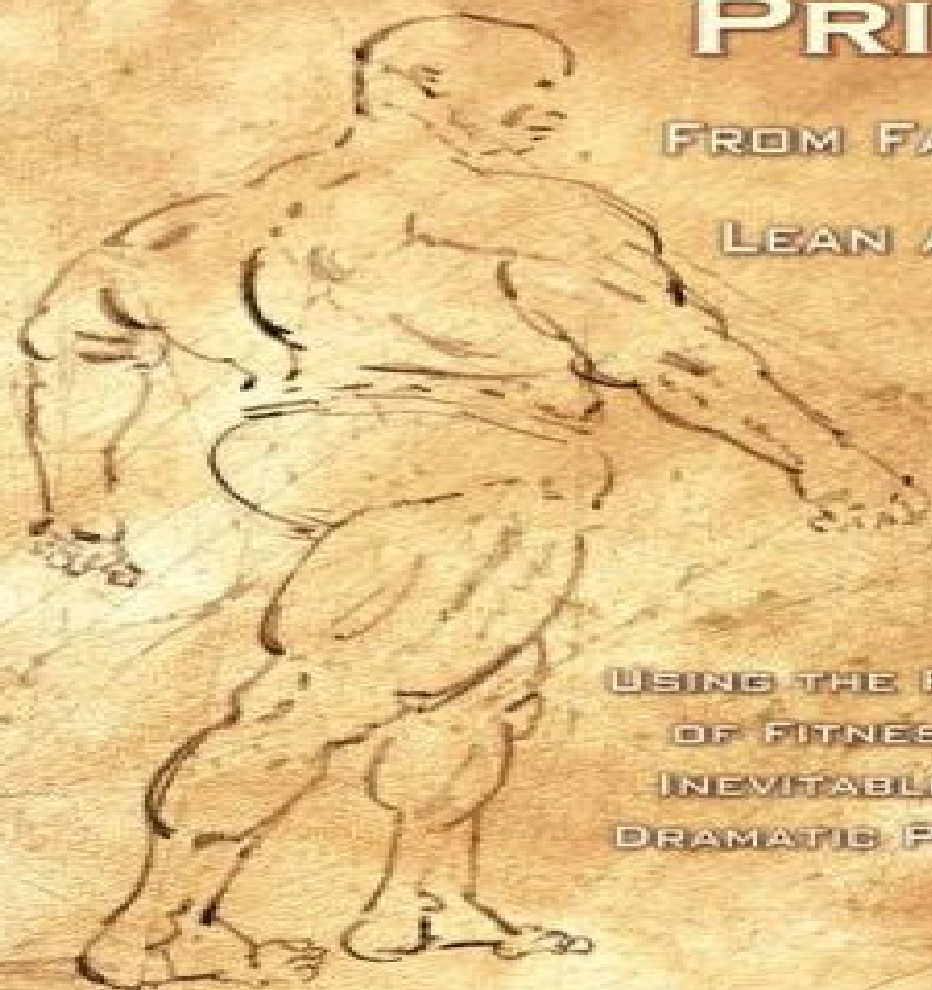


THE PURPOSEFUL PRIMITIVE

FROM FAT AND FLACCID
TO
LEAN AND POWERFUL



USING THE PRIMORDIAL LAWS
OF FITNESS TO TRIGGER
INEVITABLE, LASTING AND
DRAMATIC PHYSICAL CHANGE

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