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May 10th, 2018 - 12 Weeks of Workouts 4 WORKOUTS PER WEEK 90 MIN WORKOUT From the labs of Yale University to the most hardcore gyms in America Jim Stoppani has devoted his entire career to the science of building muscle and burning fat'

'Jim Stoppani s Six Week Shortcut To Shred Bodybuilding com

May 9th, 2018 - 6 Weeks of Workouts 6 WORKOUTS PER WEEK 45 60 MIN WORKOUT From the labs of Yale University to the most hardcore gyms in America Jim Stoppani has devoted his entire career to the science of building muscle and burning fat''

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