

Gain Muscle Blueprint

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✓ Verified Book of Gain Muscle Blueprint

## Summary:

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Exactly How to Eat for Simultaneous Fat Loss and Muscle Gain Roman gives his world-famous calorie formula, so you know EXACTLY how much to eat in order to lose fat or gain mass for body recomposition. CEC Workshops | BODY BLUEPRINT Customer Testimonials. The team at Body Blueprint is absolutely amazing. Their wealth of knowledge and willingness to help you out every step of the way is completely.

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