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Bodybuilding - Lose Fat & Gain Muscle The Natural Way with Hugo Rivera's Body Re-Engineering

Life Time Natural Physique Star & Best Selling Author Thumbs Nose At "Genetic Limits" & Progress Plateaus Then Reveals The Science Behind Gaining Muscle Mass & Getting Ripped.

"The Real Truth About How I Gained Over 50 Pounds of Muscle & Washboard Abs."

From The Desk of:

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