

A black and white photograph of a man from the chest up. He is wearing a blue baseball cap and a dark blue hoodie. He has a beard and is looking down with a serious, contemplative expression. The background is dark and out of focus.

A simple guide to **PHYSICAL FITNESS**

WHAT I WISH I KNEW WHEN I
HAD 65 LB MORE BODY FAT
AND 25 LB LESS MUSCLE MASS.

Mans Common Sense Guide To Physical Fitness

JE Gale

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