

A man wearing a blue baseball cap and a blue long-sleeved shirt is looking down at his muscular torso. The image is overlaid with a semi-transparent blue filter. In the top right corner, there is a red triangle.

# *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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**Man's Common Sense** Robert Delmonteque,1982-10-01      **Man's Common Sense Guide to Physical Fitness**  
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