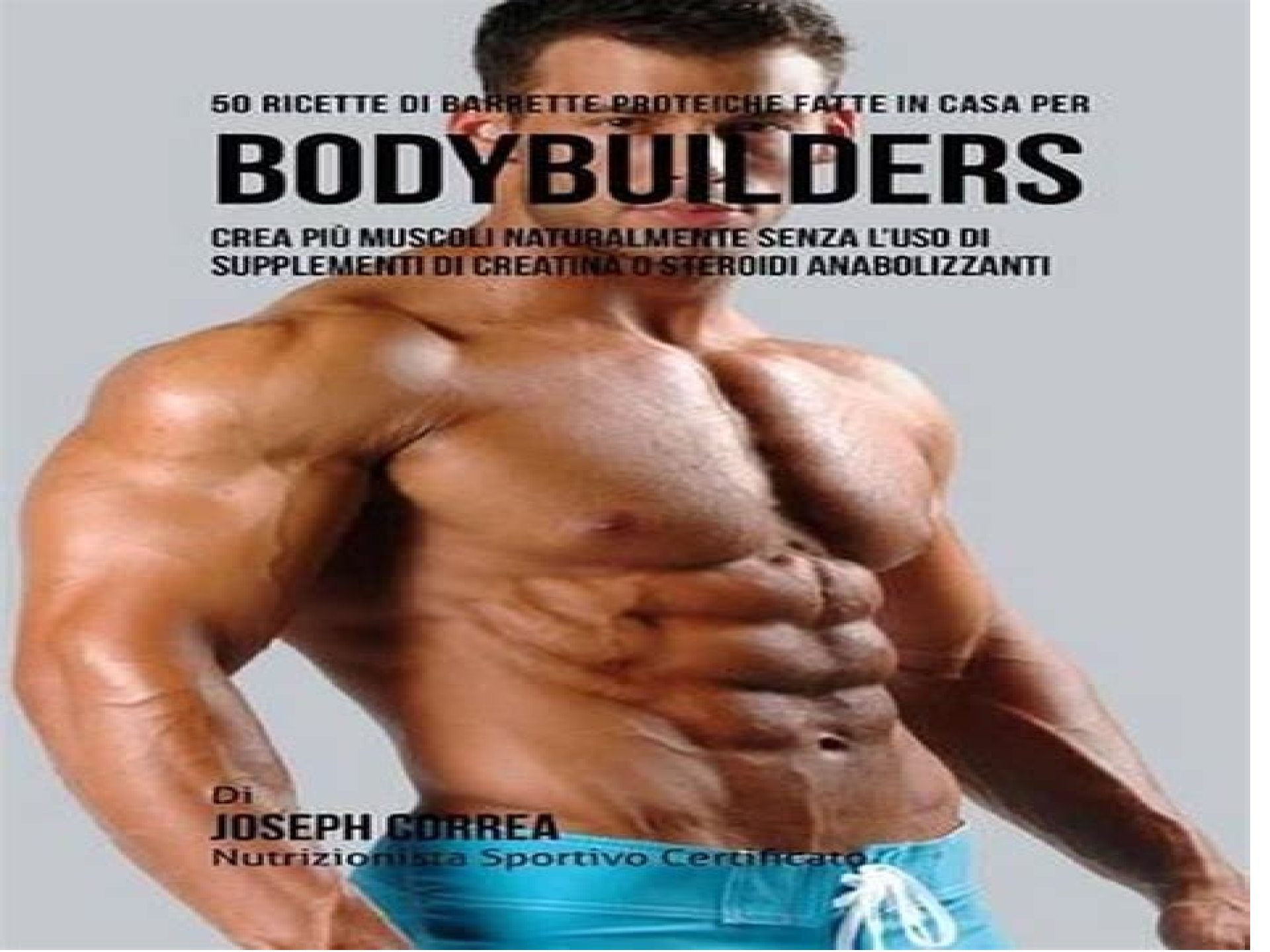


A full-page photograph of a very muscular man, likely a bodybuilder, in a classic side-on pose. He is shirtless, showing extreme muscle definition in his chest, arms, and abdominal region. He is wearing blue athletic shorts with white drawstrings. The background is a plain, light grey.

50 RICETTE DI BARRETTE PROTEICHE FATTE IN CASA PER

BODYBUILDERS

**CREA PIÙ MUSCOLI NATURALMENTE SENZA L'USO DI
SUPPLEMENTI DI CREATINA O STEROIDI ANABOLIZZANTI**

Di
JOSEPH CORREA

Nutrizionista Sportivo Certificato

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