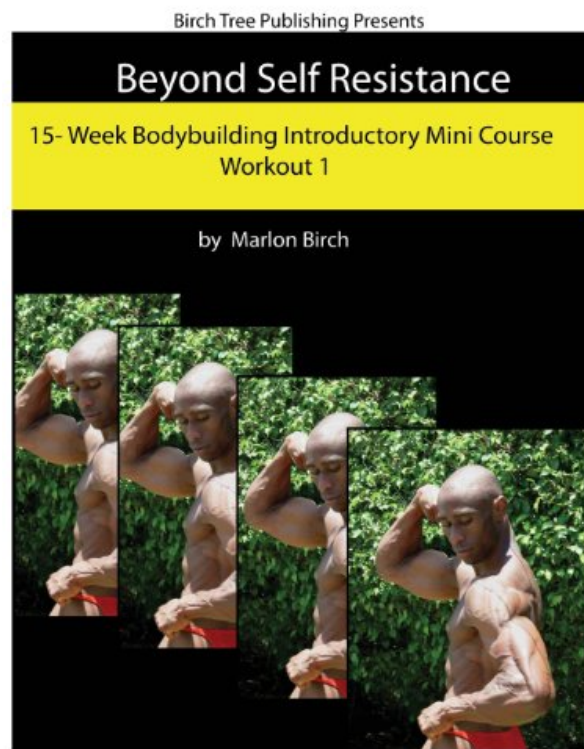


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First off, In my opinion this is the best self resistance exercise book on the market. Marlon Birch practices what he preaches with a passion. I've emailed Marlon a number of times and he's a friendly,informative guy. Very friendly on the phone as well. He takes his time and explains what needs to be done in great detail. I am sold on his products and the man told me his next book will be out very soon. I look forward to it.

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