

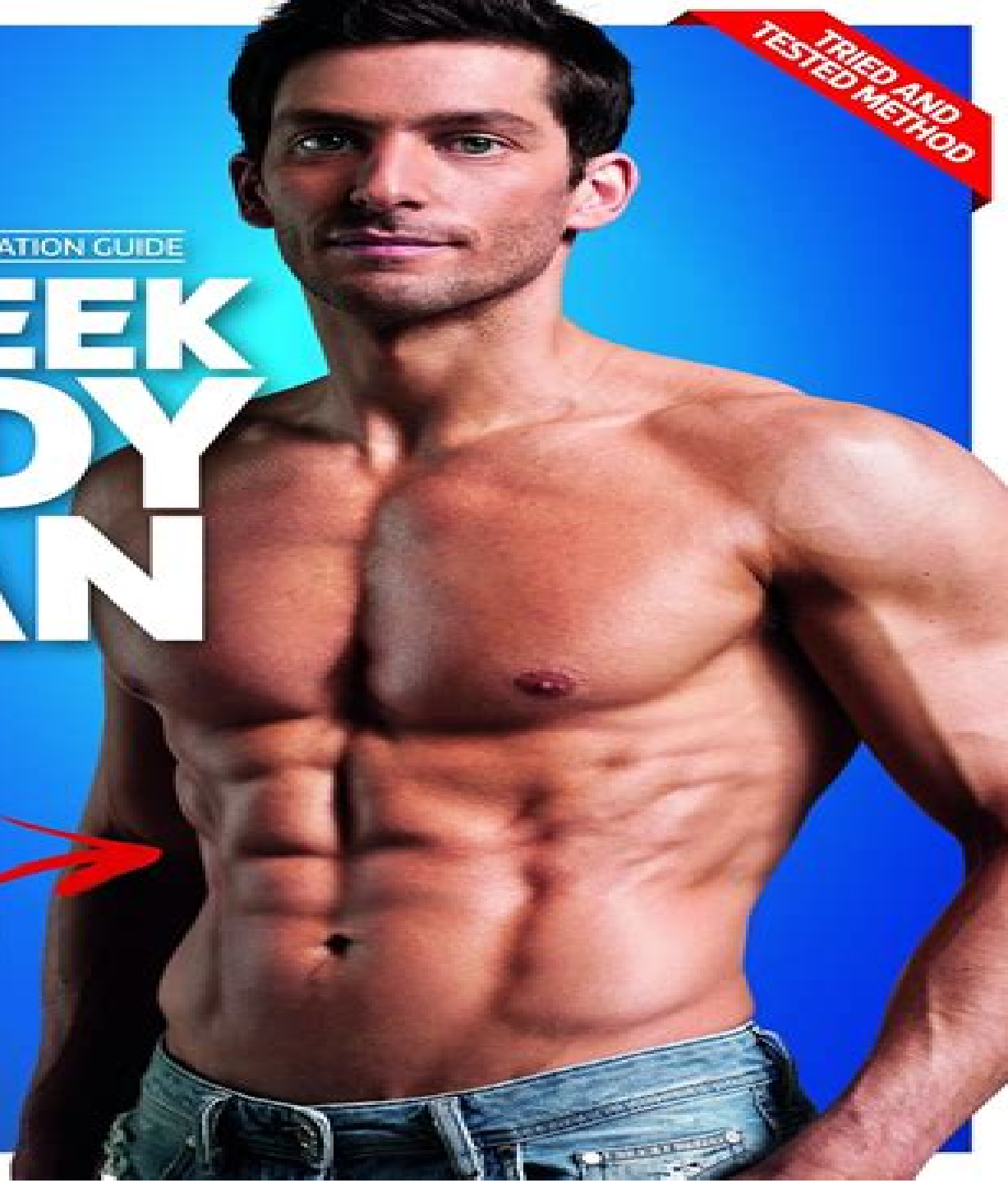
Men's Fitness
magazine

TRIED AND
TESTED METHOD

YOUR COMPLETE TRANSFORMATION GUIDE

12 WEEK BODY PLAN

- BUILD MUSCLE
- BURN BODY FAT
- GET A SIX-PACK



Created by Nick Mitchell

Week Body Plan Magbook English Edition

Guillaume Favre

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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