

A close-up photograph of a muscular, tanned arm holding a white jar of cream. The arm is flexed, showing the bicep and forearm muscles. The background is a plain, light color.

FOREWORD BY
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ADVANCED

MAX
CONTRACTION
TRAINING

Gain Up to 18 Pounds of Muscle in 4 Weeks with the
REVOLUTIONARY NEW OMEGA SET

JOHN LITTLE AUTHOR OF
MAX CONTRACTION TRAINING

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