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By Bill Pearl

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Bill Pearl's "**Keys to the INNER Universe**" is the most complete and comprehensive manual ever published on bodybuilding and weight training. 638 pages (8 1/2 x 11) of photographs, anatomical drawings, charts, exercises and sound reading covering every aspect of bodybuilding and weight training from the novice to the heavy weight. An Invaluable aid and a **MUST** for Coaches, Trainers and Gym Instructors. Nothing is forgotten, not even dieting or the psychology behind it all.

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Summary List of Nutrition

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