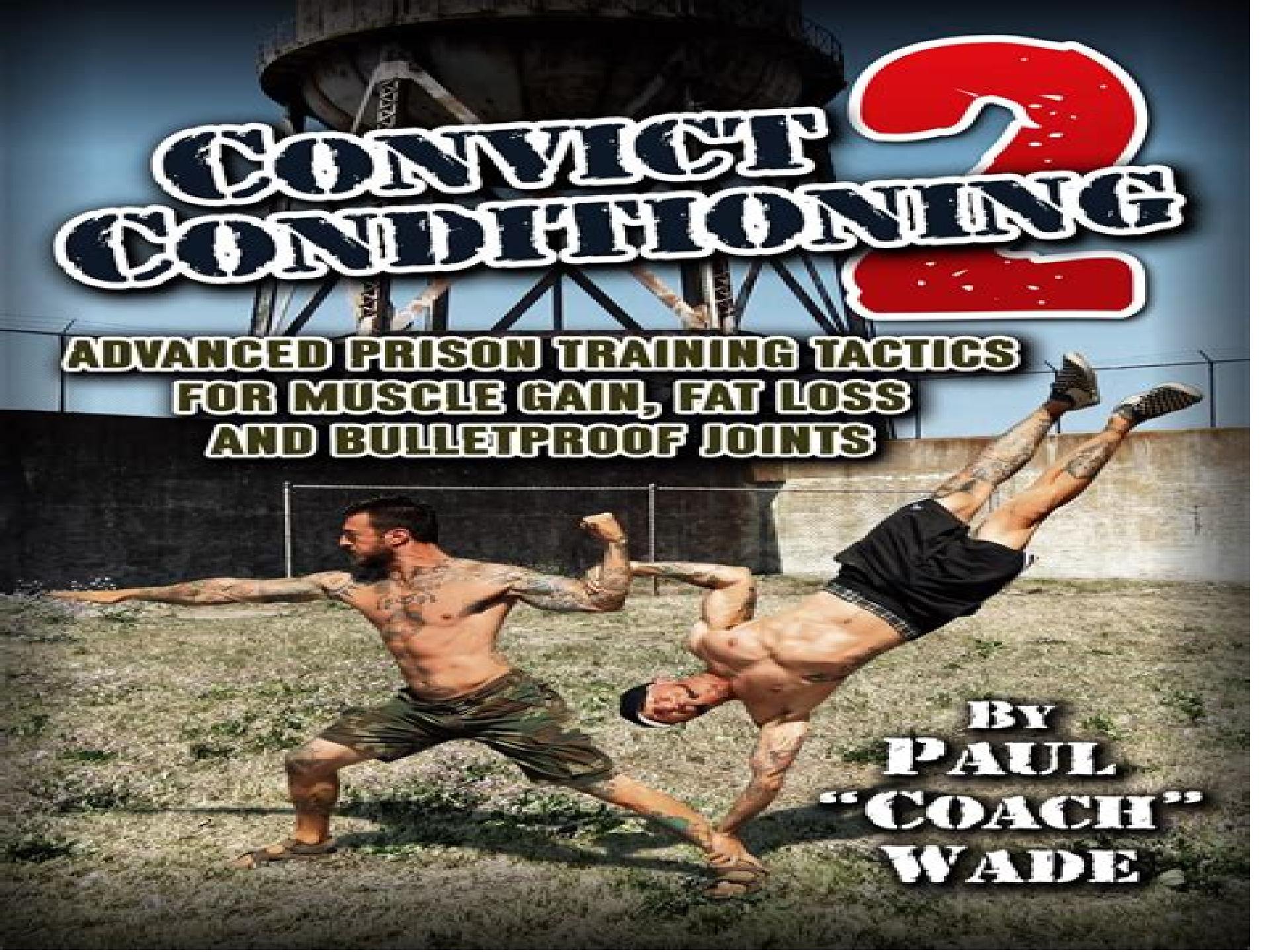


CONVICT **2** CONDITIONING

**ADVANCED PRISON TRAINING TACTICS
FOR MUSCLE GAIN, FAT LOSS
AND BULLETPROOF JOINTS**

**BY
PAUL
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