

# The baby-boomer's guide to bodybuilding

Tony Salvitti

*(for everyone over the hill)*



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**The baby-boomer's guide to bodybuilding: (for everyone over the hill)**



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Find out the secrets and brand-new methods to control your appearance, wellness, strength level and well-being. Not to mention finding a longer than standard lifespan! Glowing with confidence and power that your peers will simply not have. The development and current state of your health is currently in your hands. Learn to train and keep maintaining an above common to excellent physique that is healthy inside along with out.



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Three Stars Too much focus on supplementts/



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