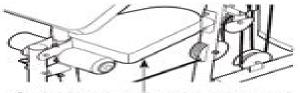
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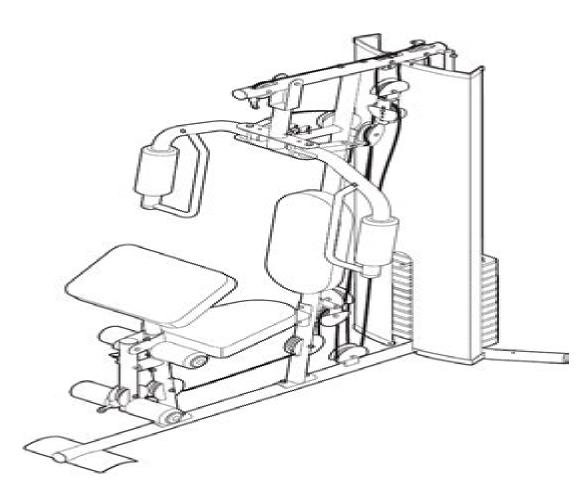
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# Weider Pro 4500 Weight System Exercise Guide

**John McDillon** 

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