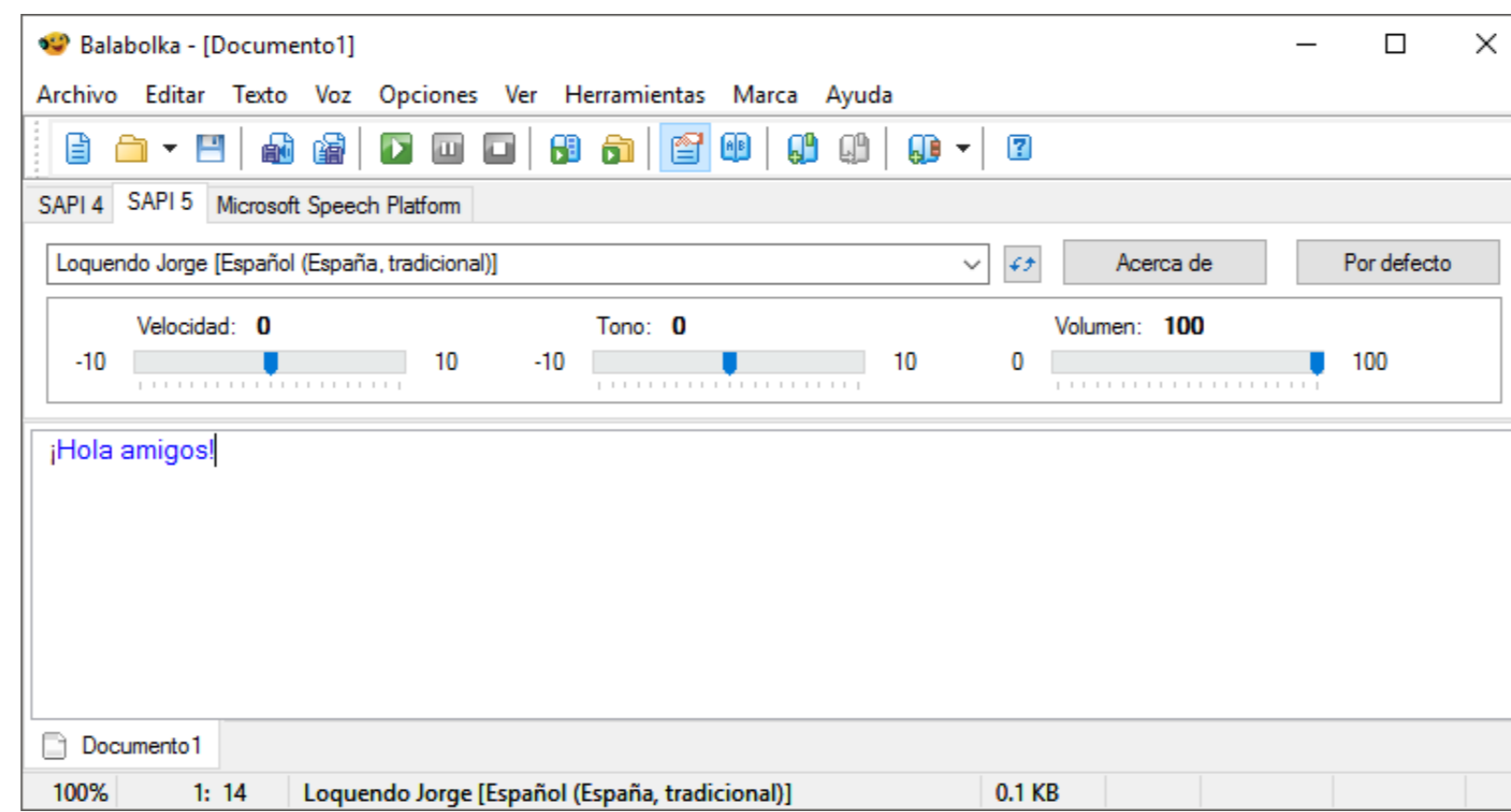




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Eric Helms, PhD, CSCS. Chief Author. For the better part of his career, Eric has worked with drug-free physique and strength competitors at all levels ...

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