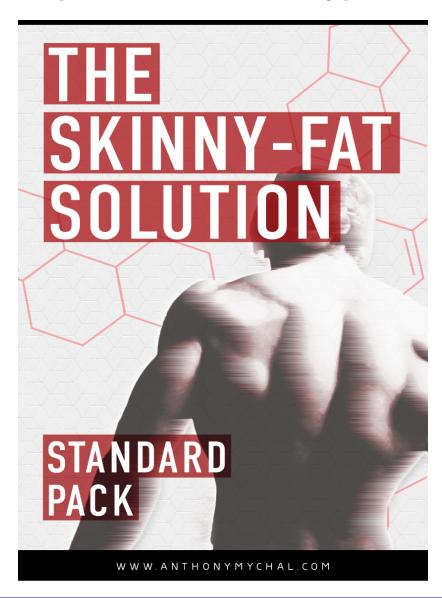
It's hard enough for regular guys to build muscle...but for us? For skinny-fat guys? It seems impossible with the typical advice.



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