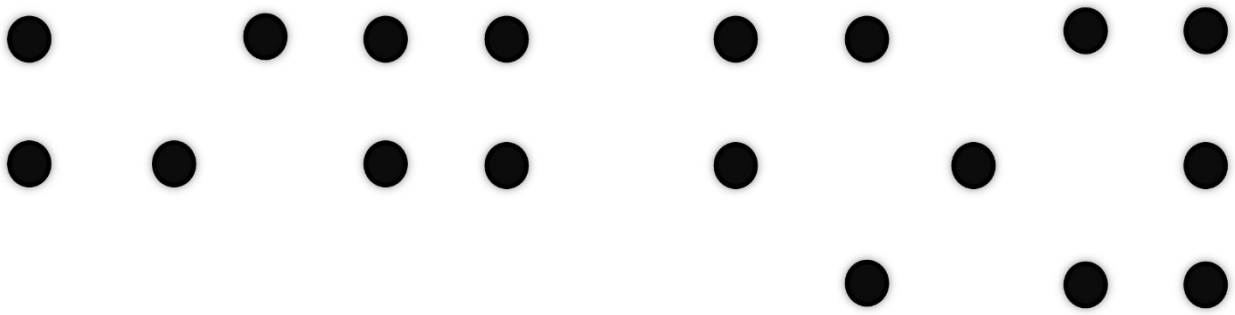
Enormous muscles quickly



"The muscle bound lunatic"

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Quick Start Guide

Before you begin

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Introduction

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Recommendations

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Rules

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Instructions

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- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Supplies

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Conclusion

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Side Effects

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

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Introduction

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Validation verifies that the software has been activated and is properly licensed. It also verifies that no unauthorized changes have been made to the validation, licensing, or activation functions of the software. Validation may also check for certain malicious or unauthorized software related to such unauthorized changes. A validation check confirming that you are properly licensed permits you to continue to use the software, certain features of the software or to obtain additional benefits.

The following features use Internet protocols, which send to the appropriate systems computer information, such as your Internet protocol address, the type of operating system, browser and name and version of the software you are using, and the language code of the computer where you installed the software. Microsoft uses this information to make the Internet-based services available to you.

This feature determines whether a system is connected to a network by either passive monitoring of network traffic or active DNS or HTTP queries. The query only transfers standard TCP/IP or DNS information for routing purposes. You can switch off the active query feature through a registry setting. This service synchronizes with time.windows.com once a week to provide your computer with the correct time. You can turn this feature off or choose your preferred time source within the Date and Time Control Panel applet. The connection uses the standard NTP protocol.

Lifestyle

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a

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Supplies

Media Center is not designed for use in every country. For example, although the Media Center information may refer to certain features such as an electronic programming guide or provide information on how to configure a TV tuner, these features may not work in your area. Please refer to the Media Center information for a list of features that may not work in your area.

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you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

Preparation

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If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. If you do not agree to the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. The service may contain advertising content and related data, which are received and stored by the software. The service is not available in all areas. Please consult the software information for instructions on accessing the service agreement.

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Procedure

Instead of using the software directly on the licensed computer, you may install and use the software within only one virtual (or otherwise emulated) hardware system on the licensed computer.

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When used in a virtualized environment, content protected by digital rights management technology, BitLocker or any full volume disk drive encryption technology may not be as secure as protected content not in a virtualized environment. You should comply with all domestic and international laws that apply to such protected content.

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The software may include more than one version, such as 32-bit and 64-bit. You may use only one version at one time. If the manufacturer or installer provides you with a one-time selection between language versions, you may use only the one language version you select. You may use the software on up to two processors on the licensed computer at one time. Unless otherwise provided in these license terms, you may not use the software on any other computer.

If turned on, Windows Defender will search your computer for “spyware,” “adware” and other potentially unwanted software. If it finds potentially unwanted software, the software will ask you if you want to ignore, disable (quarantine) or remove it. Any potentially unwanted software rated “high” or “severe,” will automatically be removed after scanning unless you change the default setting. Removing or disabling potentially unwanted software may result.

Instructions

(1) Activation associates the use of the software with a specific computer. During activation, the software will send information about the software and the computer to Microsoft. (2) This information includes the version, language and product key of the software, the Internet protocol address of the computer, and information derived from the hardware configuration of the computer. (3) For more information. By using the software, you consent to the transmission of this information. (4) If properly licensed, you have the right to use the version of the software installed during the installation process up to the time permitted for activation. (5) If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. (6) If you do not agree to the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. (7) The service may contain advertising content and related data, which are received and stored by the software. The service

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is not available in all areas. (8) Please consult the software information for instructions on accessing the service agreement. The software will from time to time perform a validation check of the software. (9) The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. (10) The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. (11) During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. (12) This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. (13) Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation. (14) If you request related media information as part of your playback experience, the data provided to you may not be in your local language. (15) Some countries or regions have laws and regulations which may restrict or limit your ability to access certain types of content.

Food

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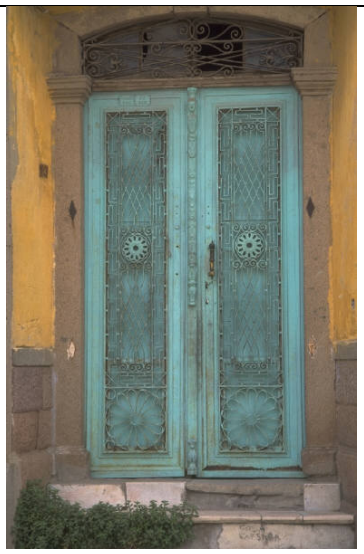

Figure 1: Feeding schedule 1 body type

Figure 2: Feeding schedule 2 body type

Figure 3: Feeding schedule 3 body type

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Rules

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Recommendations

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Hydration

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data, which are received and stored by the software. The service is not available in all areas. Please consult the software information for instructions on accessing the service agreement.

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Sleep

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Exercise

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Social Factors

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Progress

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Slipups

The software is licensed on a per copy per computer basis. A computer is a physical hardware system with an internal storage device capable of running the software. A hardware partition or blade is considered to be a separate computer. Please read them. They apply to the software named above, which includes the media on which you received it, if any. Printed-paper license terms, which may come with the software take the place of any on-screen license terms.

If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. If you do not agree to the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. The service may contain advertising content and related data, which are received and stored by the software. The service is not available in all areas. Please consult the software information for instructions on accessing the service agreement.

Conclusion

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the

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Side Effects

You may connect new hardware to your computer, either directly or over a network. Your computer may not have the drivers needed to communicate with that hardware. If so, the update feature of the software can obtain the correct driver from Microsoft and install it on your computer. An administrator can disable this update feature.

Content owners use Windows Media digital rights management technology (WMDRM) to protect their intellectual property, including copyrights. This software and third party software use WMDRM to play and copy WMDRM-protected content. If the software fails to protect the content, content owners may ask Microsoft to revoke the software's ability to use WMDRM to play or copy

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protected content. Revocation does not affect other content. When you download licenses for protected content, you agree that Microsoft may include a revocation list with the licenses. Content owners may require you to upgrade WMDRM to access their content. Microsoft software that includes WMDRM will ask for your consent prior to the upgrade. If you decline an upgrade, you will not be able to access content that requires the upgrade. You may switch off WMDRM features that access the Internet. When these features are off, you can still play content for which you have a valid license.

During setup, if you select “Get important updates for installation”, the software may check for and remove certain malware from your computer. “Malware” is malicious software. If the software runs, it will remove the Malware listed and updated. During a Malware check, a report will be sent to Microsoft with specific information about Malware detected, errors, and other information about your computer. This information is used to improve the software and other Microsoft products and services. No information included in these reports will be used to identify or contact you. You may disable the software’s reporting functionality by following the instructions. For more information read the Windows Malicious Software Removal Tool privacy statement.

Workout Demonstrations

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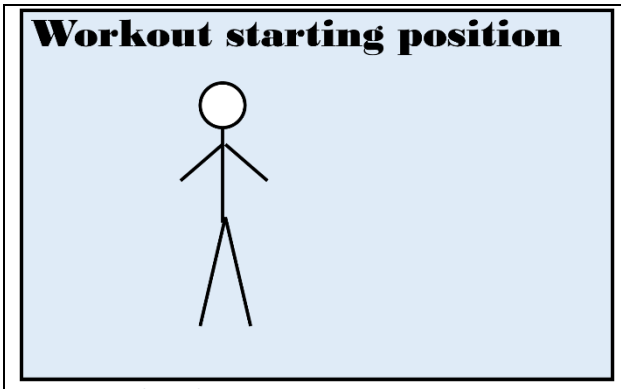

Figure 4: Redacted step one

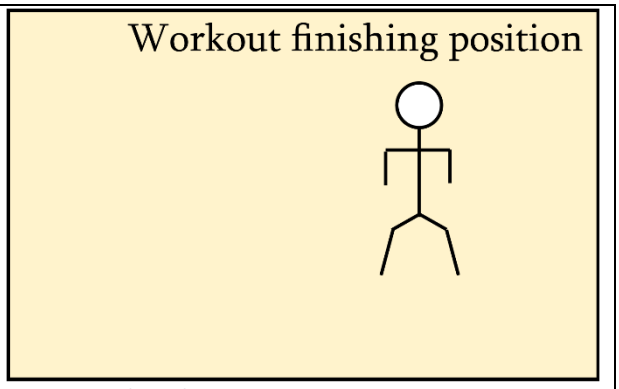

Figure 5: Redacted step two

Workout 1 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

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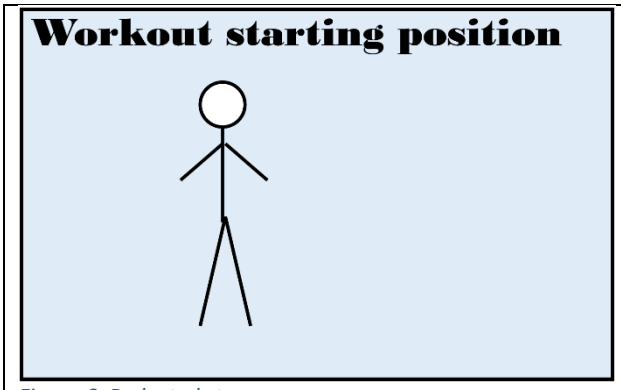

Figure 6: Redacted step one

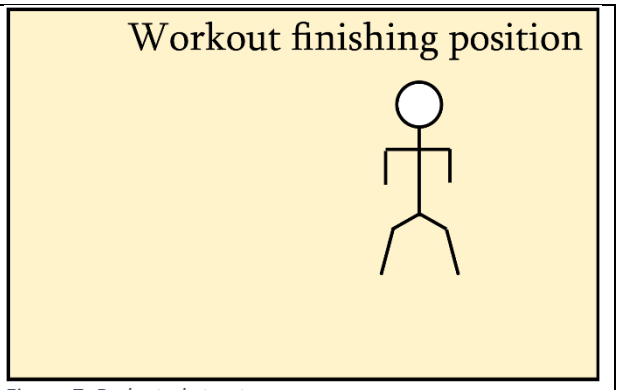

Figure 7: Redacted step two

Workout 2 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

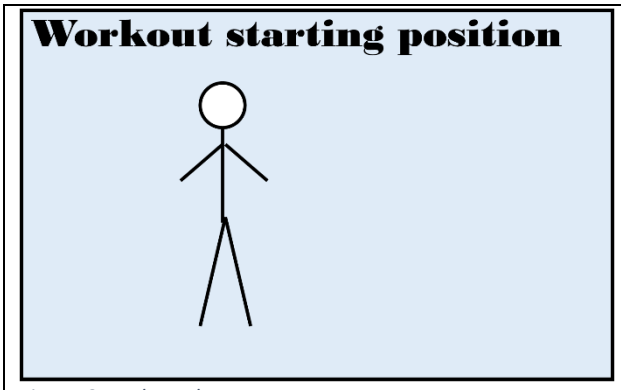

Figure 8: Redacted step one

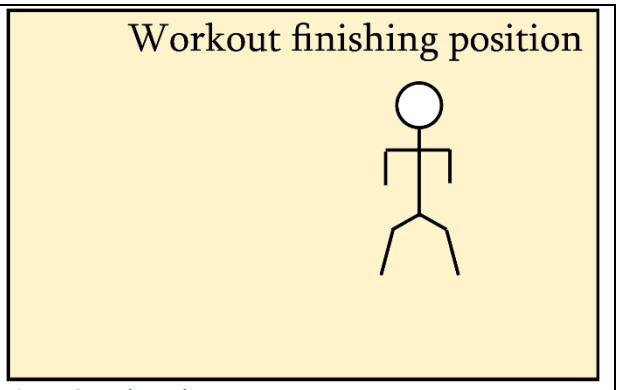

Figure 9: Redacted step two

Workout 3 – REDACTED

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The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

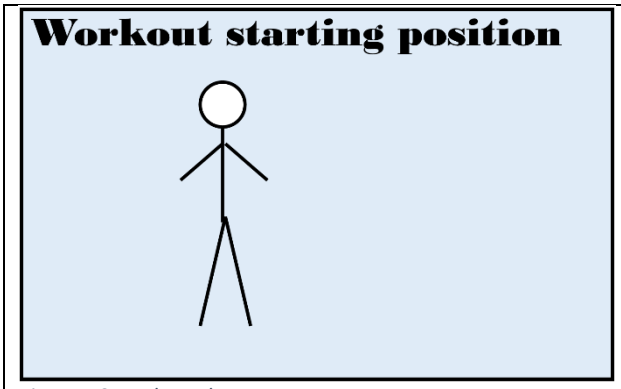

Figure 10: Redacted step one

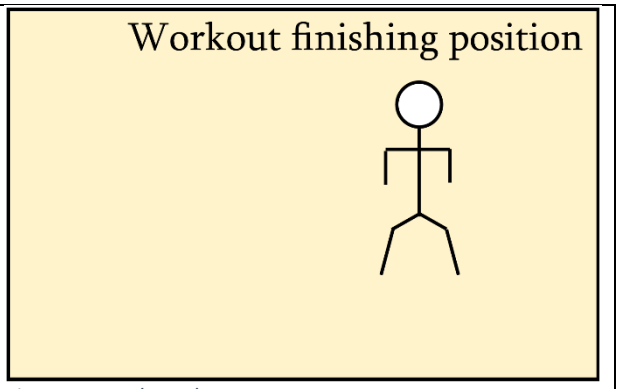

Figure 11: Redacted step two

Workout 4 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

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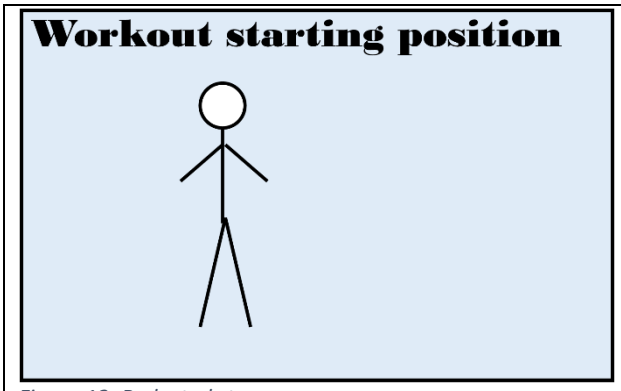

Figure 12: Redacted step one

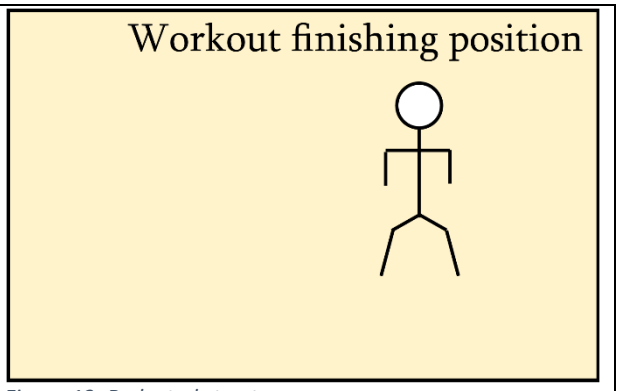

Figure 13: Redacted step two

Workout 5 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

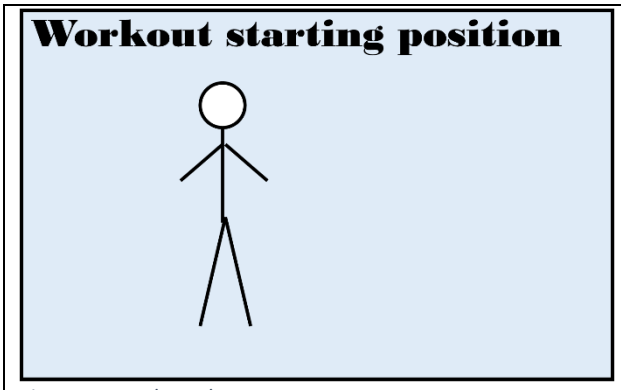

Figure 14: Redacted step one

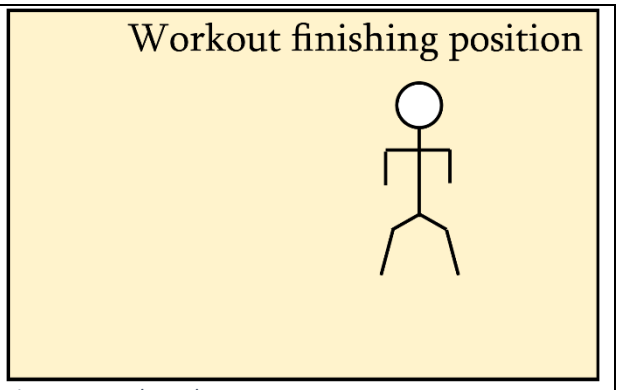

Figure 15: Redacted step two

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Workout 6 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

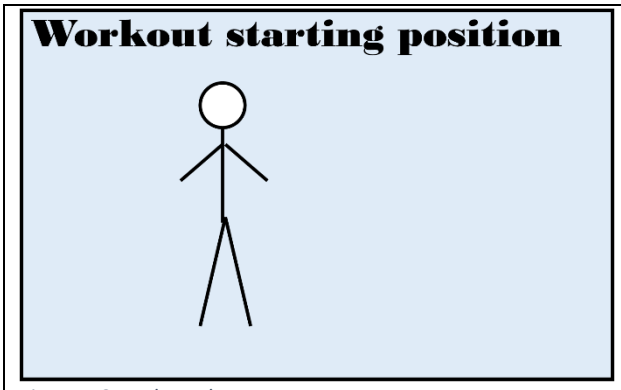

Figure 16: Redacted step one

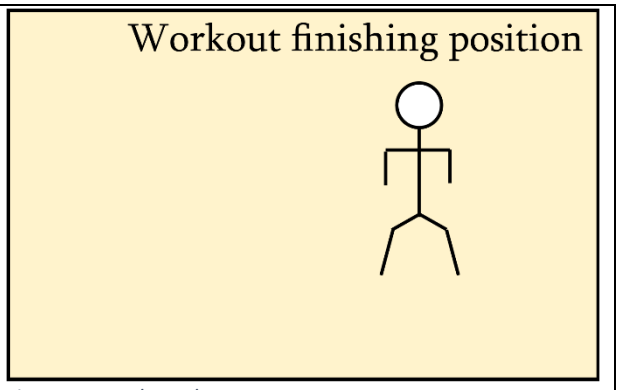

Figure 17: Redacted step two

Workout 7 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

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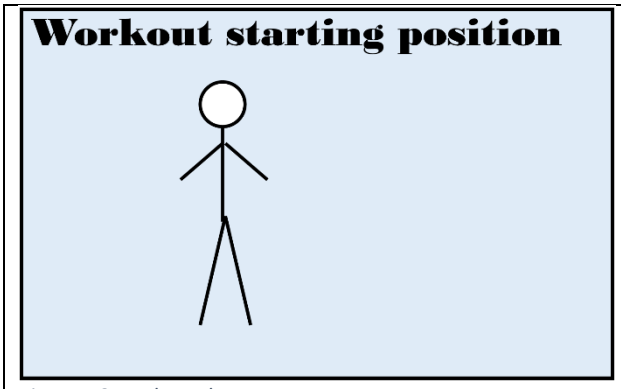

Figure 18: Redacted step one

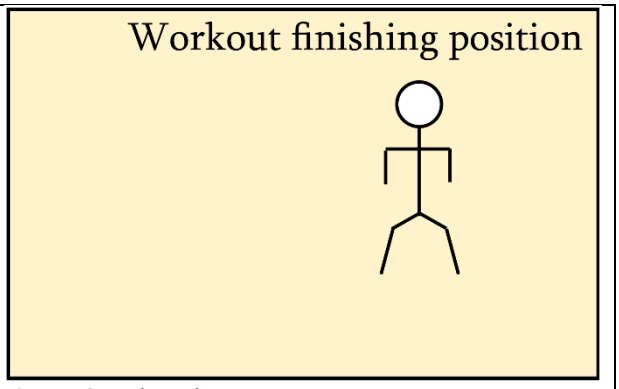

Figure 19: Redacted step two

Workout 8 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

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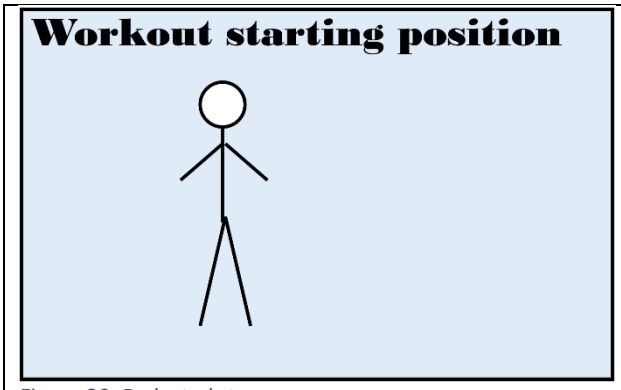

Figure 20: Redacted step one

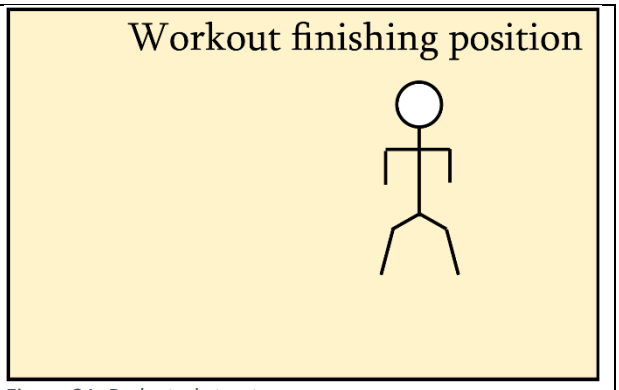

Figure 21: Redacted step two

Workout 9 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

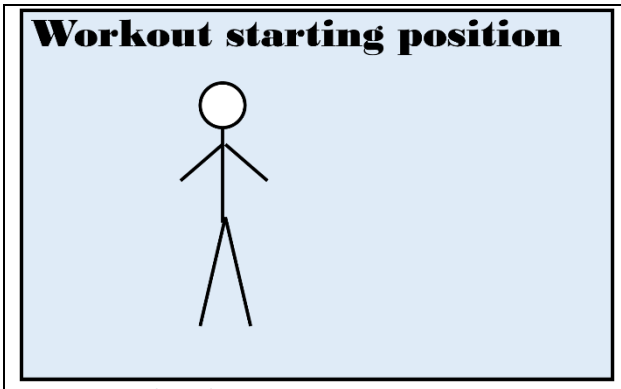

Figure 22: Redacted step one

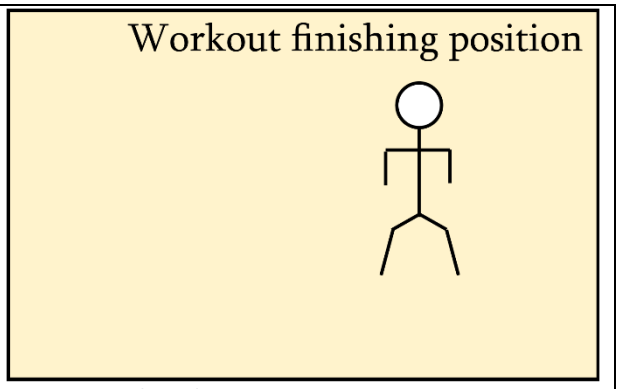

Figure 23: Redacted step two

Workout 10 – Reverse Bicep Curls

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The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

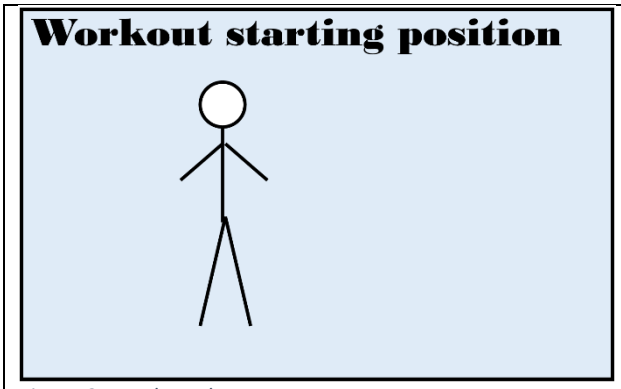

Figure 24: Redacted step one

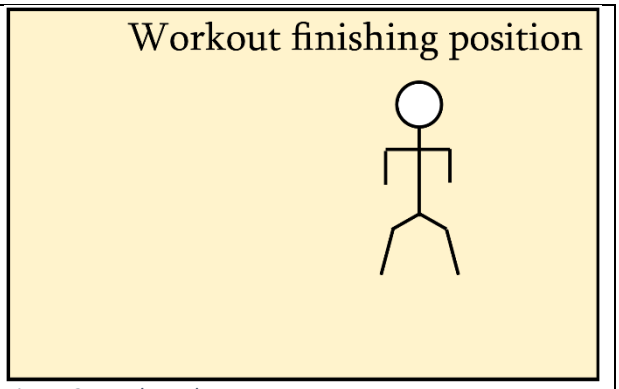

Figure 25: Redacted step two

Workout 11 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

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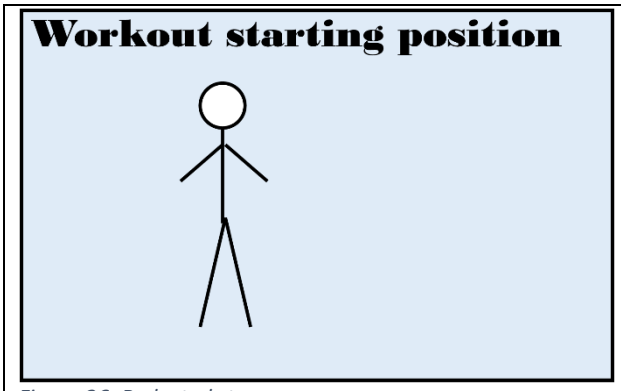

Figure 26: Redacted step one

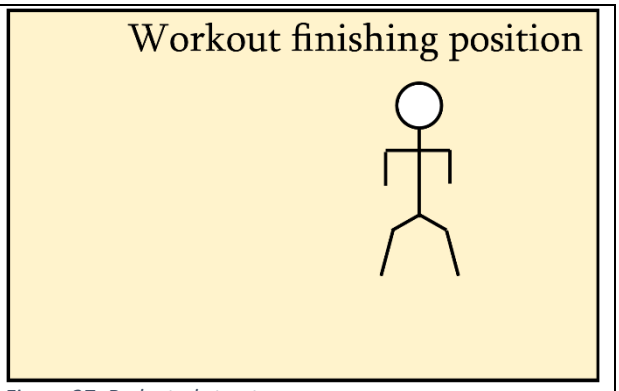

Figure 27: Redacted step two

Workout 12 – REDACTED

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

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Last official modification: May 1, 2020

Official revision number: 1

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Workout Log			
Workout #	☐ REDACTED	Workout #	☐ REDACTED
☐ REDACTED	☐ REDACTED	☐ REDACTED	☐ REDACTED
☐ REDACTED	☐ REDACTED	☐ REDACTED	☐ REDACTED
☐ REDACTED	☐ REDACTED	☐ REDACTED	☐ REDACTED
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Workout Schedule
Week 1

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
		Workout 2 REDACTED Workout 9 REDACTED			Workout 8 REDACTED Workout 6 REDACTED	

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Workout Schedule
Week 2

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
	Workout 1 REDACTED			Workout 11 REDACTED		
	Workout 4 REDACTED			Workout 3 REDACTED		

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Workout Schedule
Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout 10 REDACTED			Workout 1 REDACTED			Workout 5 REDACTED
Workout 7 REDACTED			Workout 12 REDACTED			Workout 3 REDACTED

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Water Intake Checklist	
	Day 18 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 1 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 19 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 2 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 20 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 3 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 21 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 4 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 22 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 5 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 23 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 6 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 24 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 7 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 25 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 8 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 26 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 9 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 27 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 10 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 28 - □□□□□□□□□□□□□□□□□□□□□□□□
Day 11 - □□□□□□□□□□□□□□□□□□□□□□□□	Day 29 - □□□□□□□□□□□□□□□□□□□□□□□□
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