

Ben Pakulski Training Manual

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Looking for a 100% honest mi40 workout program

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Benjamin "Ben" Pakulski (born March 18, 1981, Toronto, Ontario, Canada), nicknamed the Pak-Man, is an IFBB professional bodybuilder and winner of the 2008 Mr. Canada

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MI40 Mass Intentions Review: A look at Ben Pakulski's advanced bodybuilding program for maximum gains in less time. Program description and recommendation.

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Ben Pakulski has had great success training bodybuilders and after reviewing his program, MI40 , that isn t surprising. This is an impressive program.

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