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Body Fat Itself Is Stored Energy. And While Body Fat Won't Magically Turn Into Muscle, It's Broken Down And Used For Energy When Needed. Let The Body Do What It Can With That Energy In The Name Of Building Muscle Before Resorting To Eating The House In An Effort To "bulk Up." Eat A Little Less Than You Need Every Day And Hit The Iron Hard. Jan 11th, 2024

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5-9 Transfor Ng Linear Functions

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