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(1) Pre-owned: Walter CNC 5-Axis Tool Grinder Model: Helitronic Power W/ECO  
Loader Year Of Manufacture: 2008 Location: Canada Condition: Excellent  
SPECIFICATIONS 400/3/60 16HP A 30 KVA Transf May 1th, 2024

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Of Charles's Favorite Methods For Fat Loss And Hypertrophy, The Gironda Method. Named After Legendary Bodybuilder Vince Gironda, This Method Relies On Increasing Exercise DENSITY As The Guiding Principle By Squeezing A Lot Of Work Into A Short Timeframe. After Warming Up, You'll Start With The Heaviest Weight You Can Lift For 6-8 Reps. There Will May 3th, 2024

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