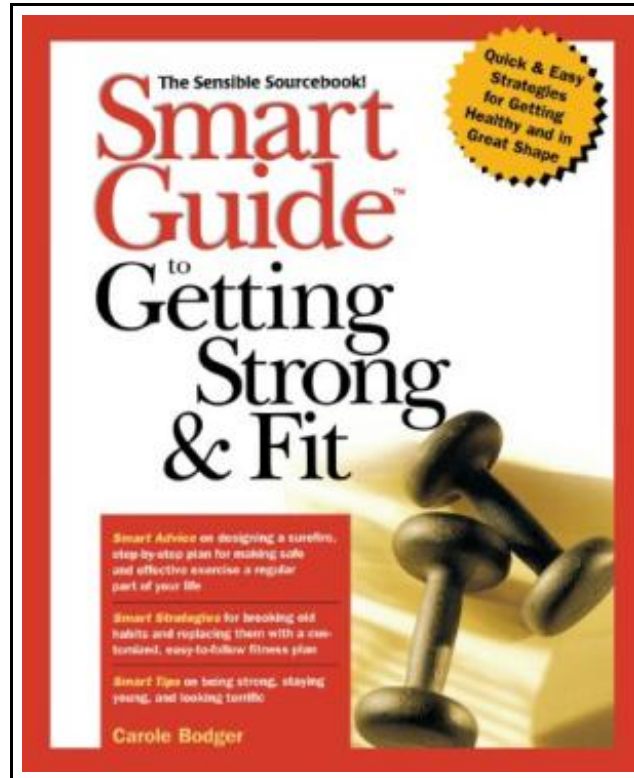


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SMART GUIDE TO GETTING STRONG AND FIT



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