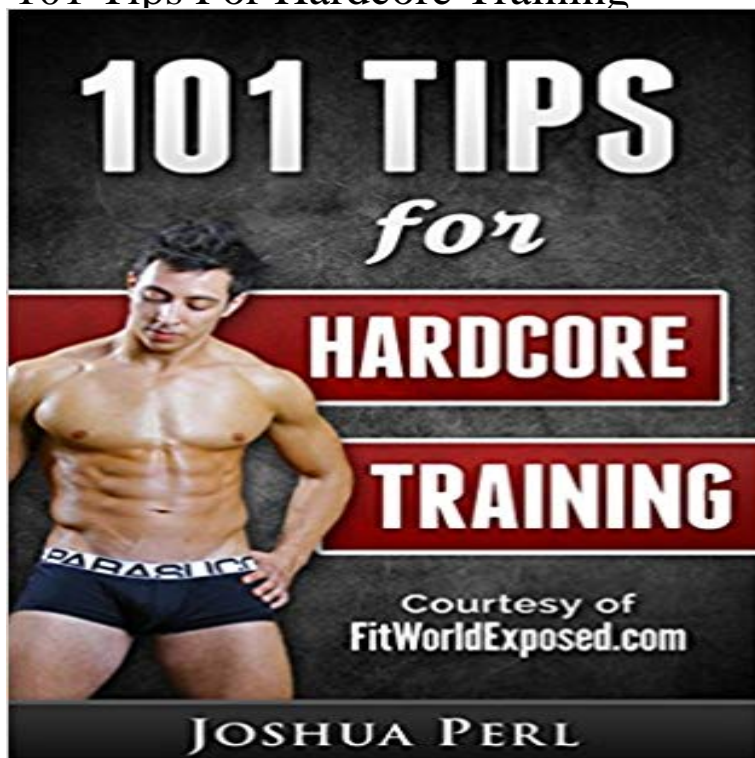


## 101 Tips For Hardcore Training



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