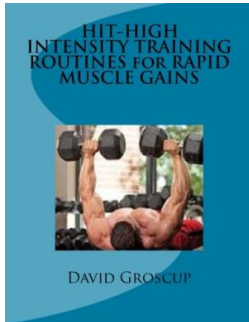


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HIT-HIGH INTENSITY TRAINING ROUTINES FOR RAPID MUSCLE GAINS



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