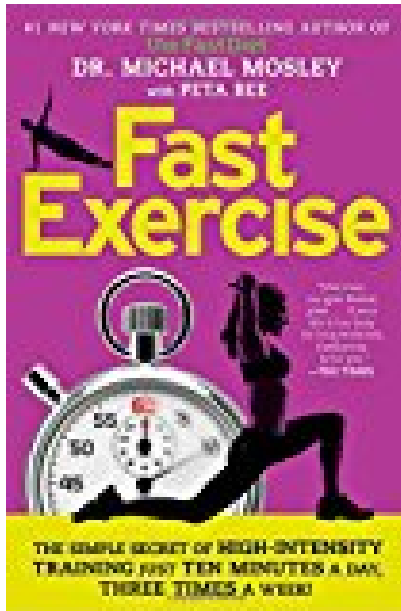


# FastExercise The Simple Secret of High-Intensity Training

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