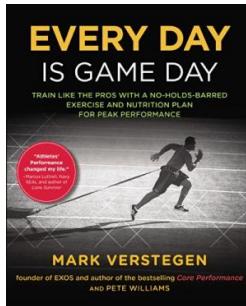


## Every Day Is Game Day: Train Like the Pros with a No-Holds-Barred Exercise and Nutrition Plan for Peak Performance



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