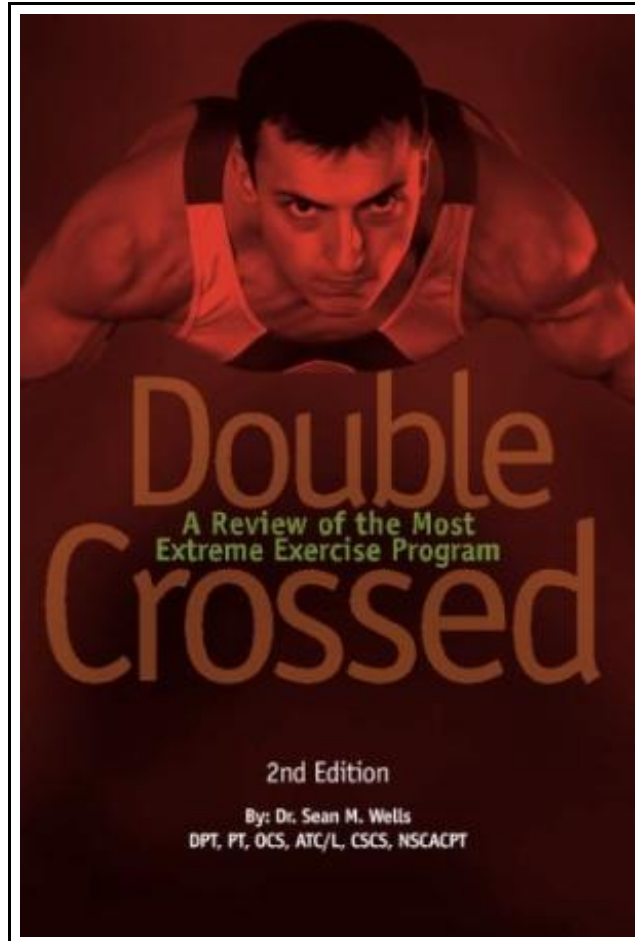


## Double Crossed: A Review of the Most Extreme Exercise Program



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