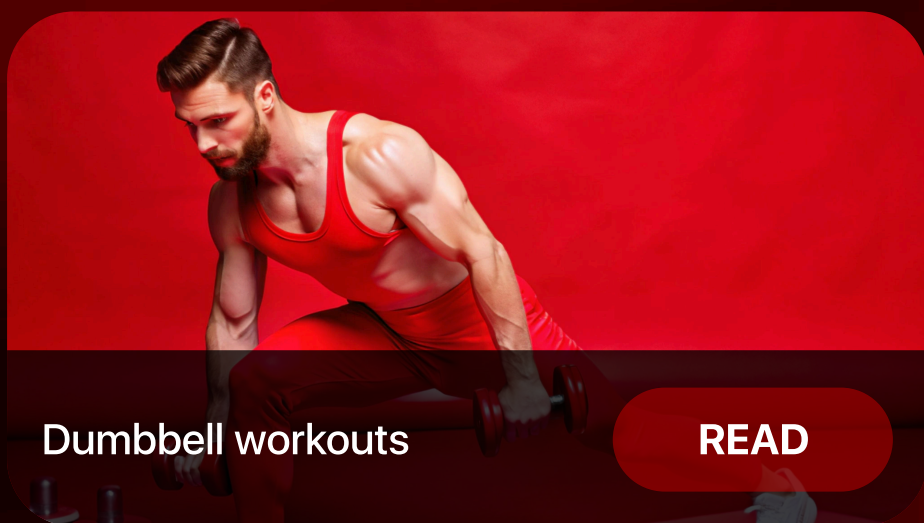


# USEFUL ARTICLES



Dumbbell workouts

READ



Workout on gym

READ

**Sports advice on how to  
protect yourself from injury**