



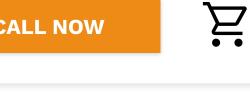


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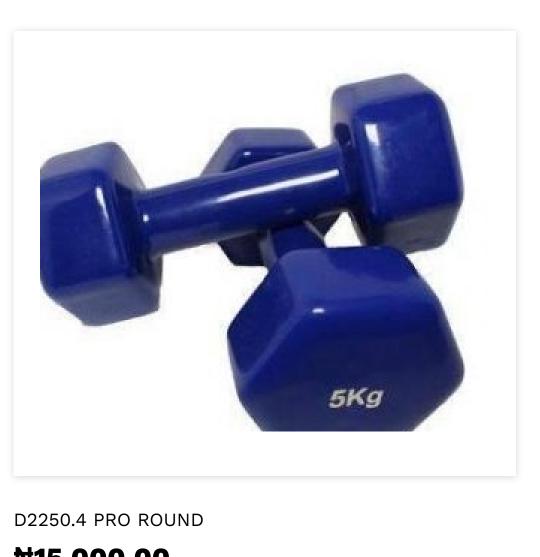


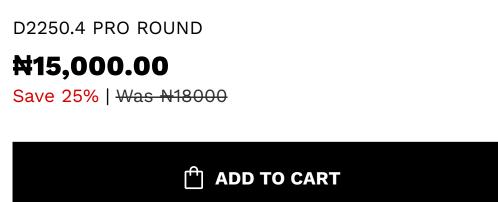
## Description

A muscle is like a car. If you want it to run well early in the morning, you have to warm it up.

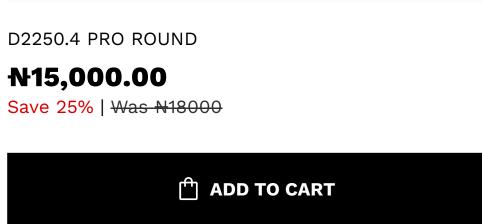
- \* If you want it to run well early in the morning, you have to warm it up.
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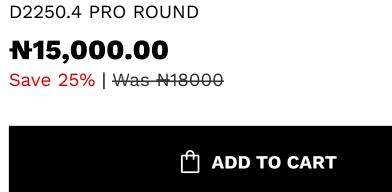




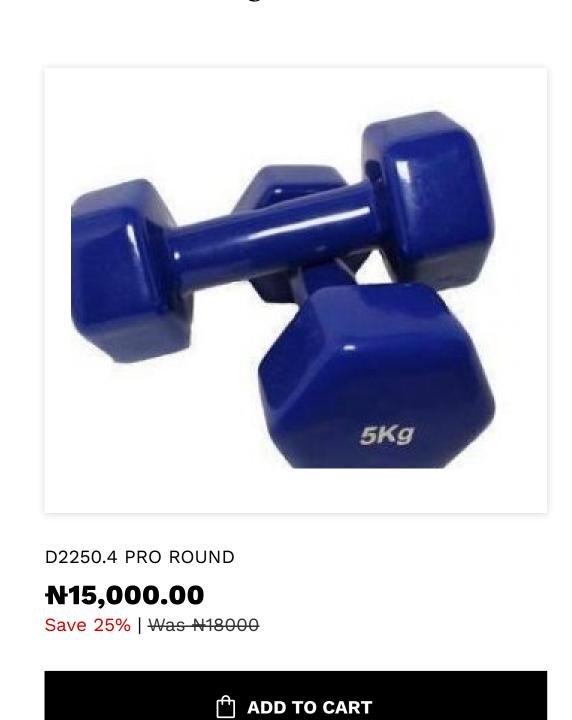








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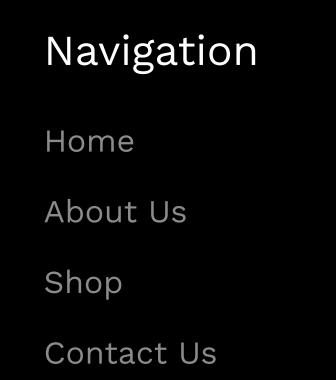


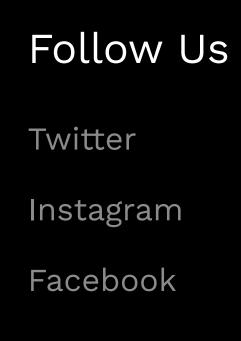
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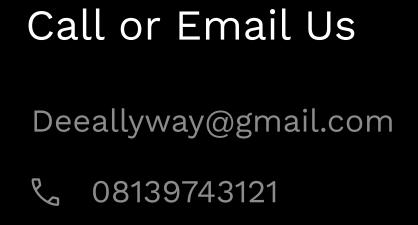
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