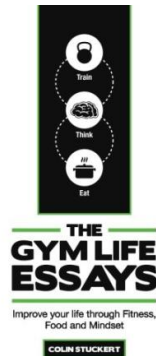


## The Gym Life Essays: Improve Your Life Through Fitness, Food, and Mindset



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