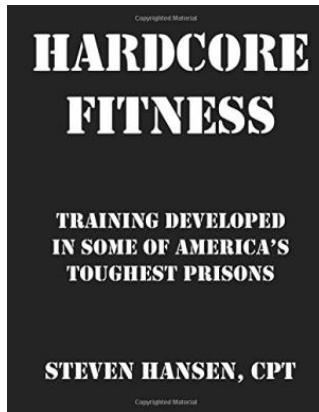


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# HARD CORE FITNESS TRAINING DEVELOPED IN SOME OF AMERICAS TOUGHEST PRISONS



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- Authored by Steven Hansen
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