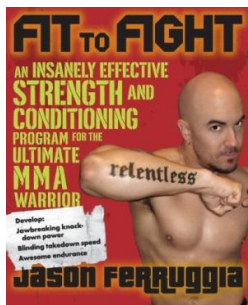


## Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate Warrior



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