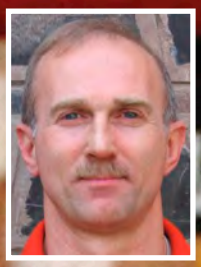
Setting the Record Straight About High-Intensity TRAINING



By Matt Brzycki