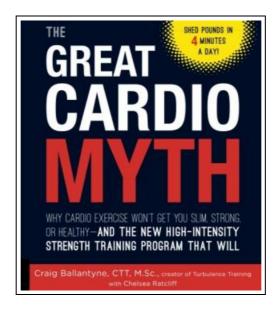
# The Great Cardio Myth: Why Cardio Exercise Won't Get You Slim, Strong, or Healthy - and the New High-Intensity Strength Training Program that Will



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