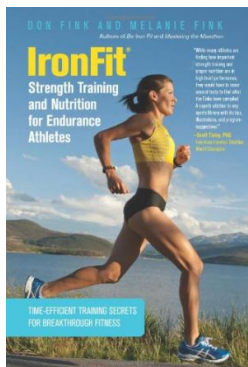


Fitness

## Ironfit Strength Training and Nutrition for Endurance Athletes: Time Efficient Training Secrets for Breakthrough Fitness



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