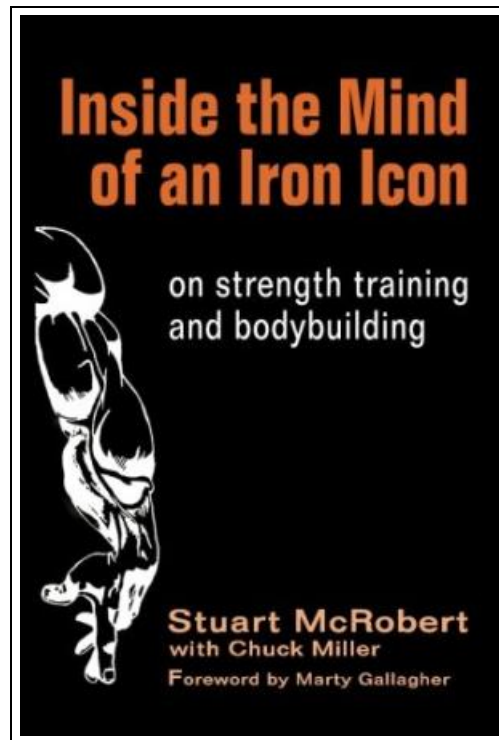


## Inside the Mind of an Iron Icon: on strength training and bodybuilding



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## INSIDE THE MIND OF AN IRON ICON: ON STRENGTH TRAINING AND BODYBUILDING



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