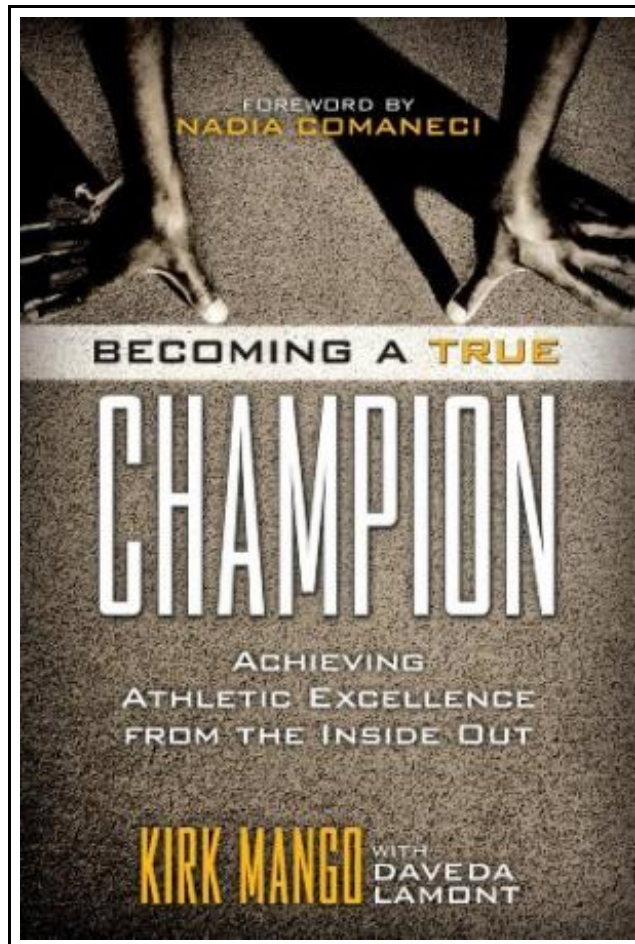


## Becoming a True Champion: Achieving Athletic Excellence from the Inside Out



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