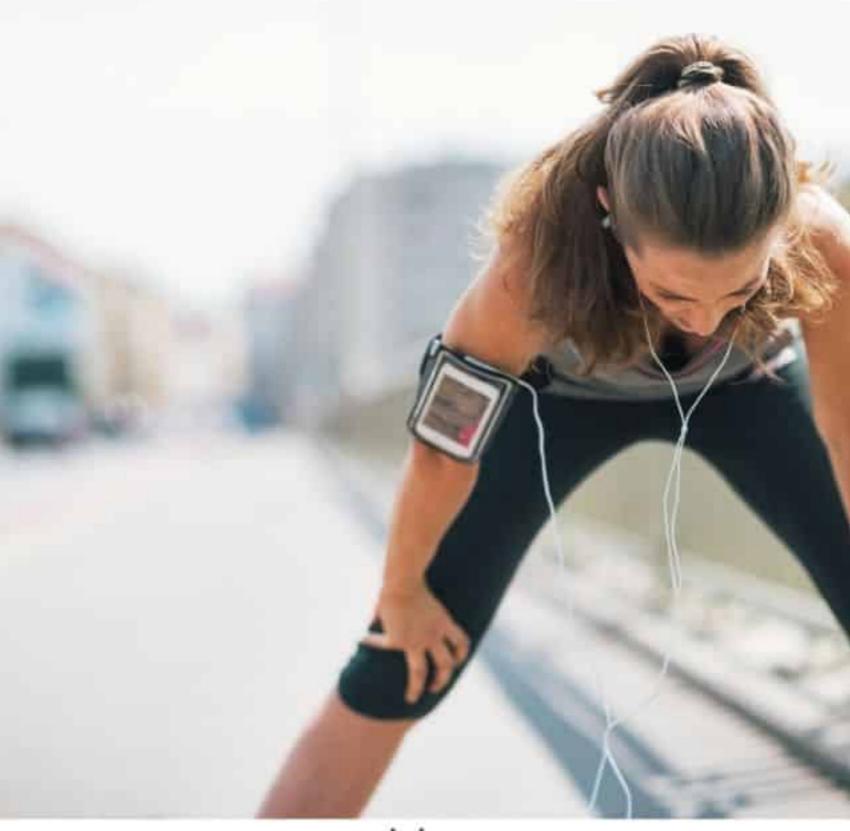
HOW MANY ADAYS A WEEK

SHOULD YOU WORKOUT

ARE YOU DOING TOO MUCH?



The HH WHITE COAT