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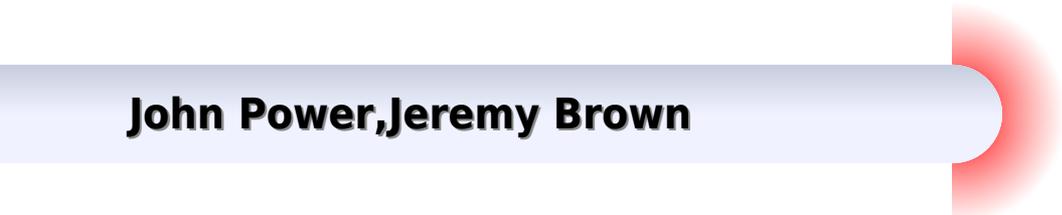
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# Iron Grip Strength Guide

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