

# METABOLIC STRENGTH TRAINING

A muscular man is shown from the back, performing a back exercise with a barbell. He is wearing a dark tank top and is in a gym setting. The background shows a rack of weights and a window. The text "METABOLIC STRENGTH TRAINING" is overlaid in large white letters, and "BUILD MUSCLE AND TORCH FAT AT ONCE" is overlaid in smaller white letters below it.

BUILD MUSCLE AND TORCH FAT AT ONCE

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