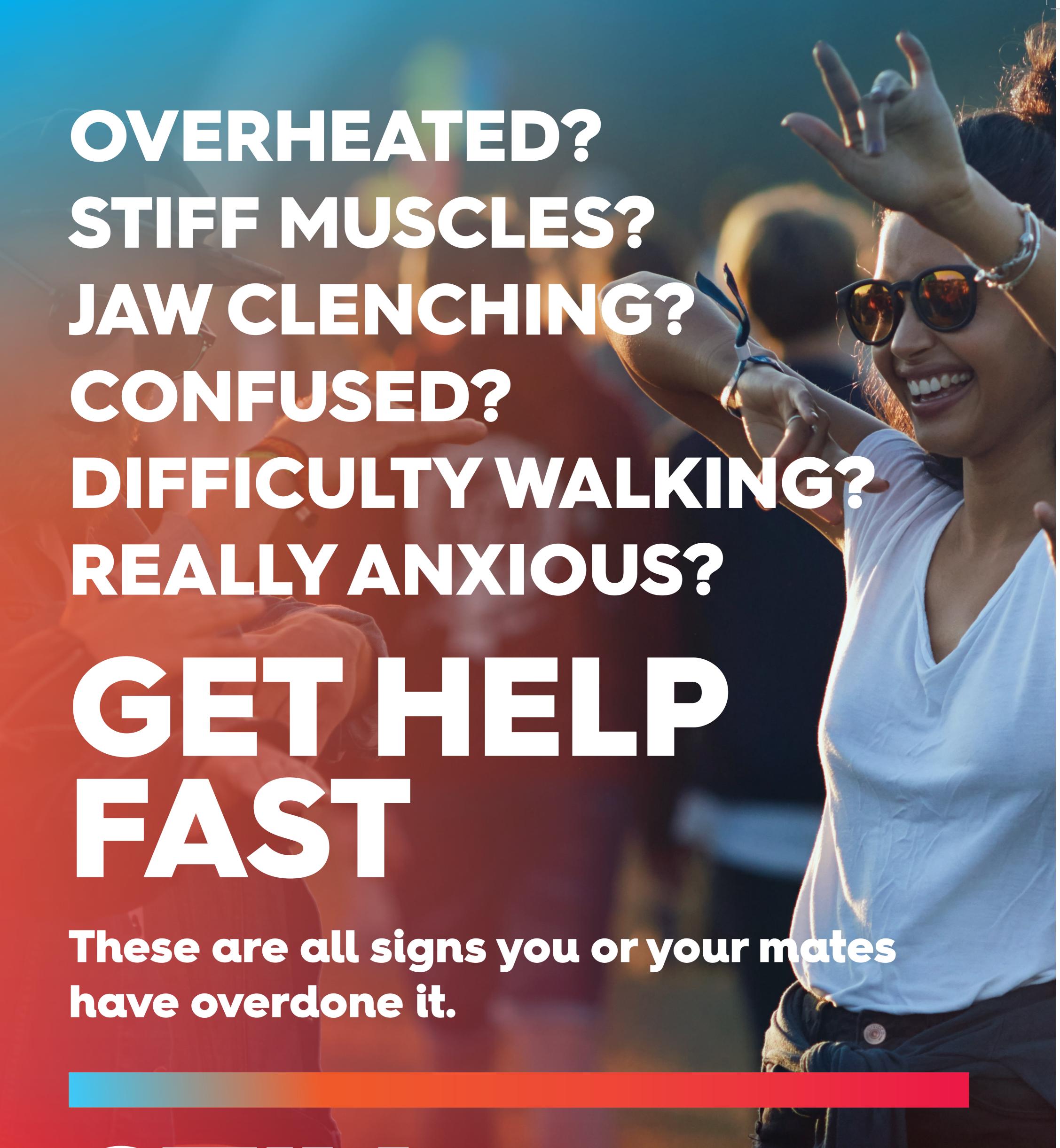
OVERHEATED?
STIFF MUSCLES?
JAW CLENCHING?
CONFUSED?
DIFFICULTY WALKING?
REALLY ANXIOUS?

GETHELP FAST

These are all signs you or your mates have overdone it.





OVERHEATED?
STIFF MUSCLES?
JAW CLENCHING?
CONFUSED?
DIFFICULTY WALKING?
REALLY ANXIOUS?

GETHELP FAST

These are all signs you or your mates have overdone it.