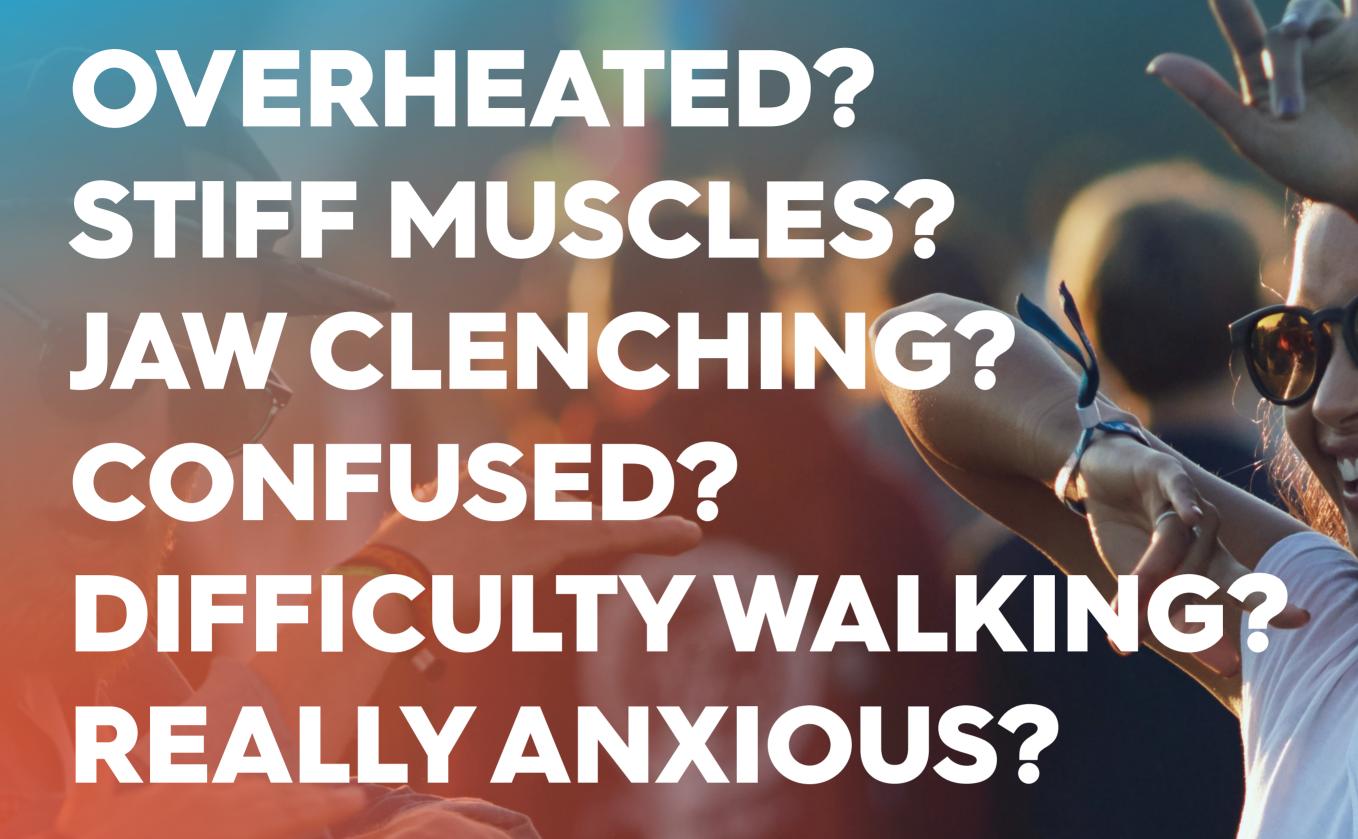
OVERHEATED?
STIFF MUSCLES?
JAW CLENCHING?
CONFUSED?
DIFFICULTY WALKING?
REALLY ANXIOUS?

## GETHELP FAST

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







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## 

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