

A muscular Black man, Mike Rashid, is the central figure. He is shirtless, showing his well-defined muscles, and wears a black backward baseball cap. He is looking directly at the camera with a serious expression. His hands are positioned in front of him, with fingers slightly spread. The background is dark with a prominent red diagonal stripe running from the bottom left towards the top right. The title 'OVERTRAINING RELOADED' is printed in a bold, white, distressed font on the left side.

OVERTRAINING RELOADED

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