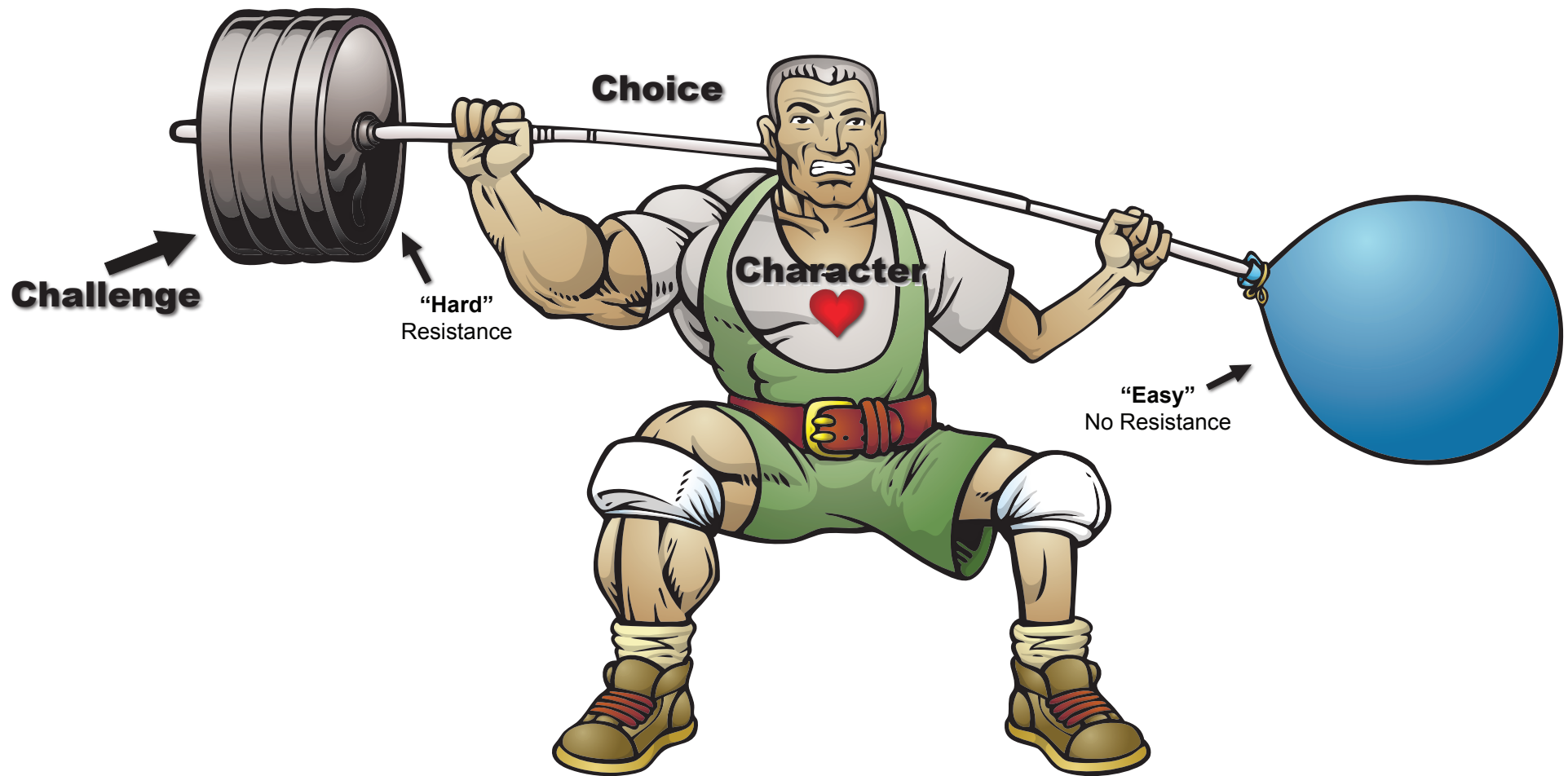


# Lift The Weight



**How do rules make me stronger?**