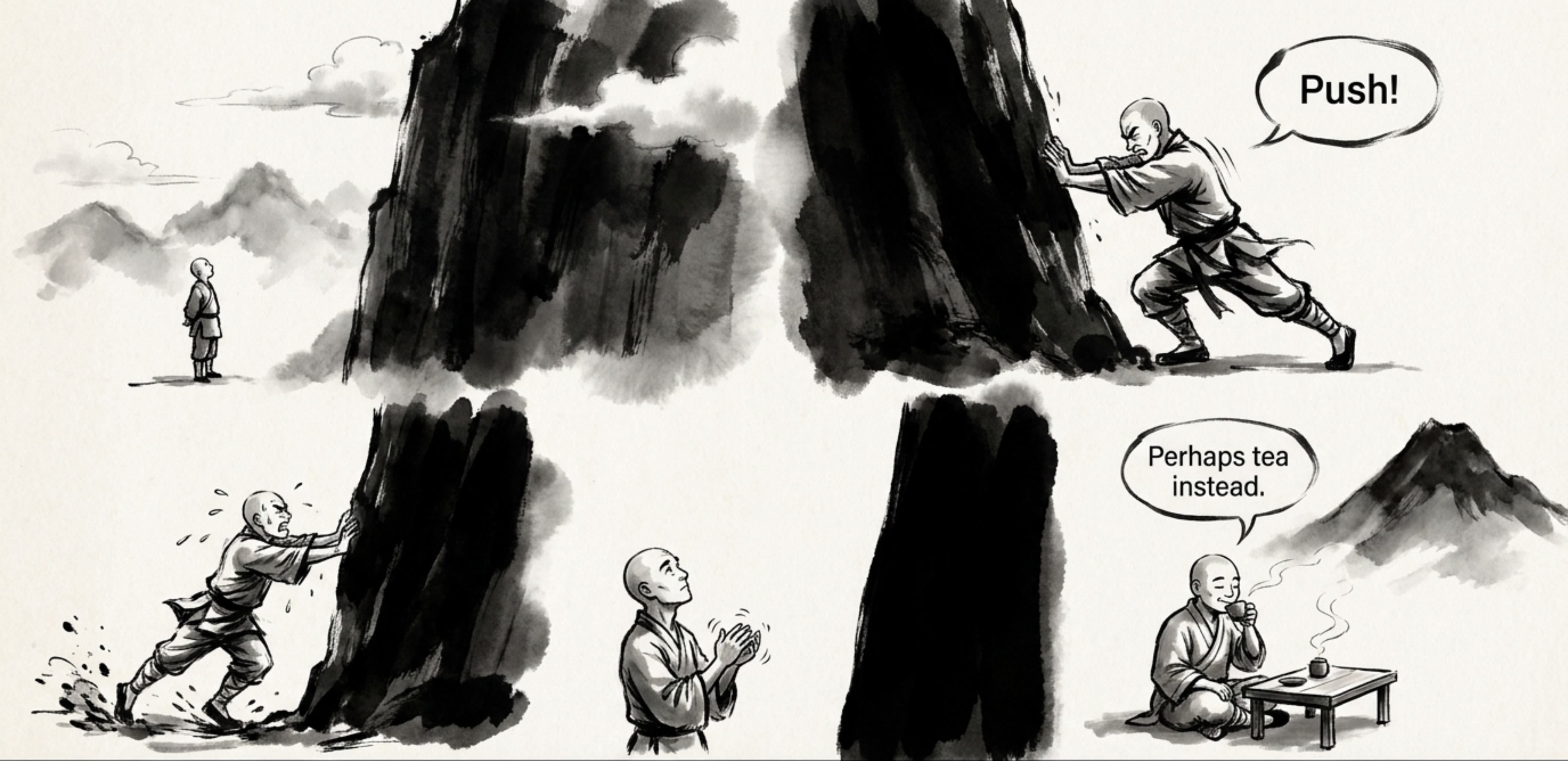




Pushing through significant resistance or sharp pain guarantees tissue damage instead of successful expansion.
Mountains remain wholly unimpressed by immense human enthusiasm.