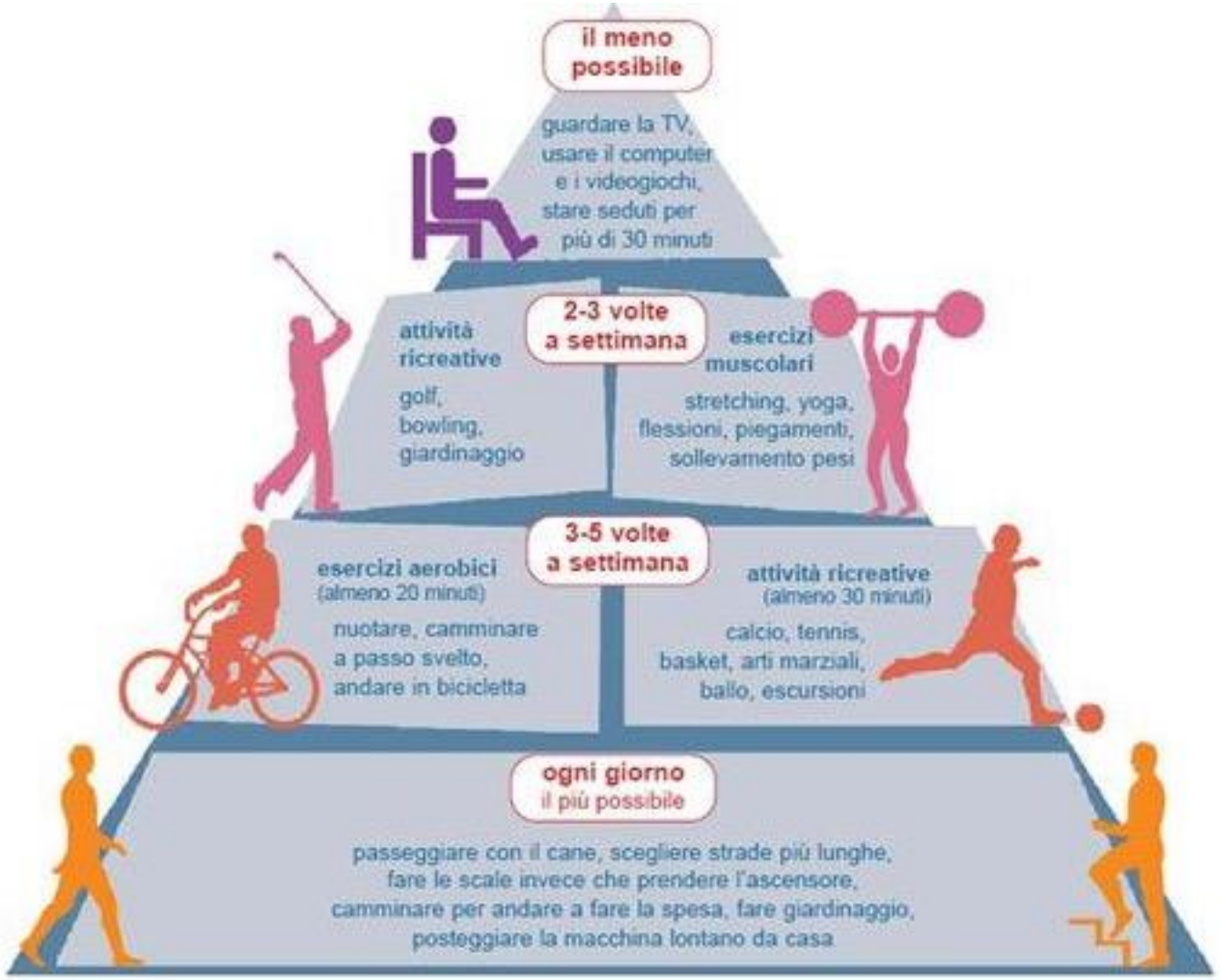LE PIRAMIDI DEL
SANO ALLENAMENTO