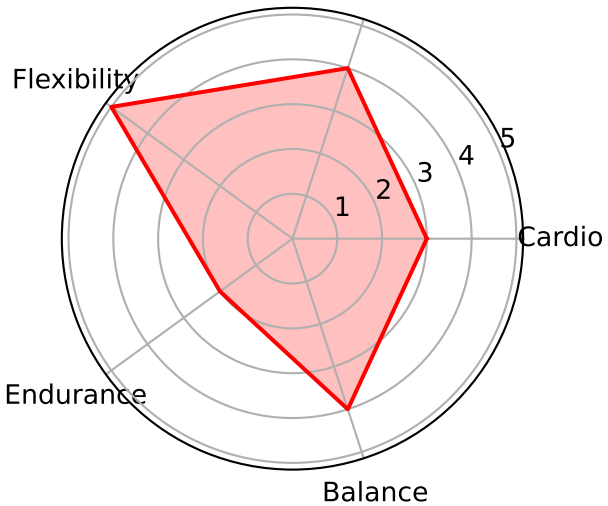


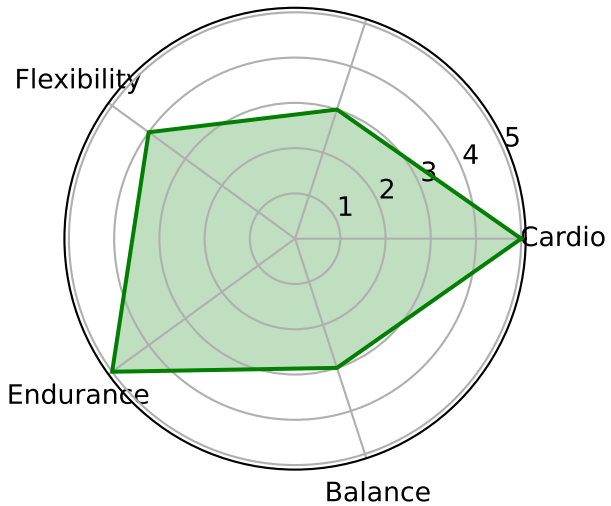
Cardio

Strength



Strength Training

Strength



Flexibility

Strength

