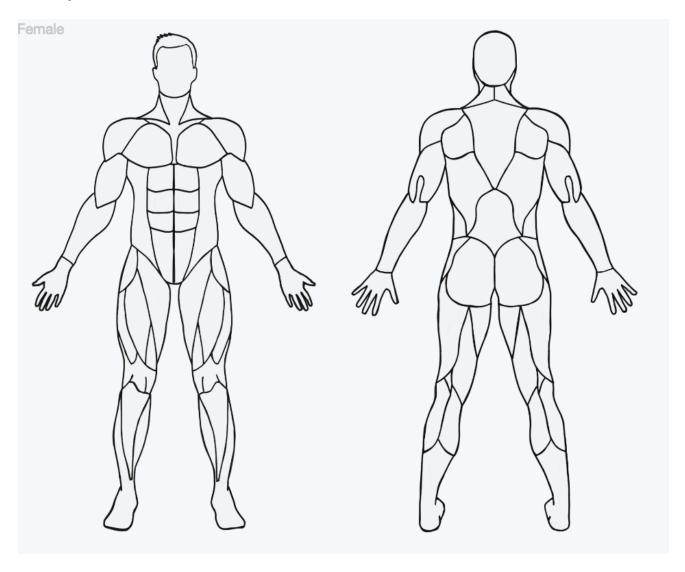
8/2/2016 Gyazo





MuscleWiki

https://musclewiki.org/Main\_Page

https://gyazo.com/99e1a5b45079a16efc62c55fa065261e