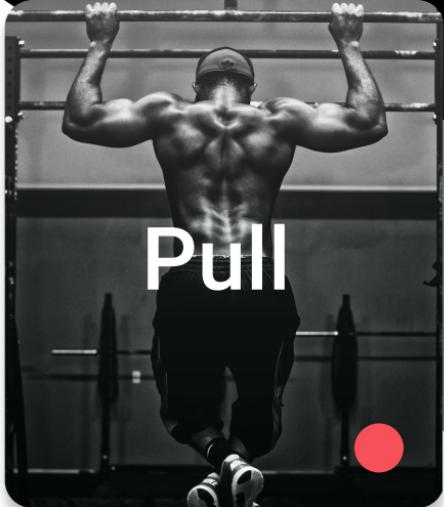
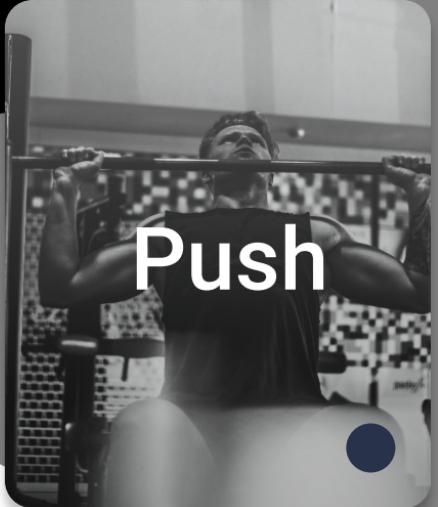


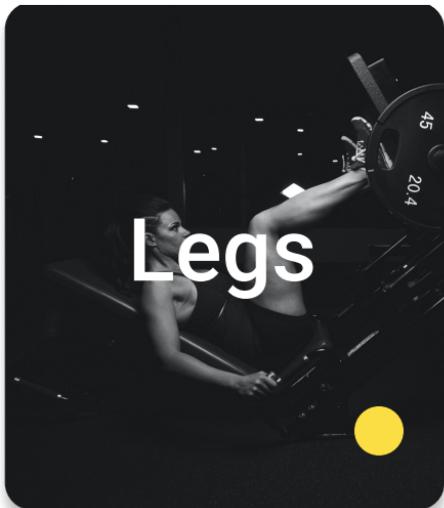
# Workouts    Running



Pull



Push



Legs