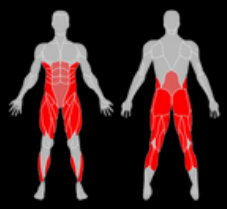
FTRS
PHYSICALITY REPORT

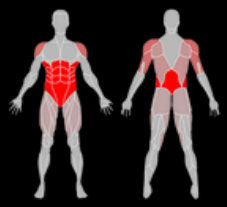
LOWER BODY



STRENGTH

POWER

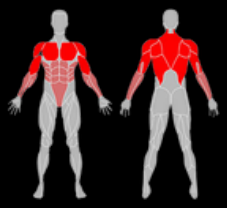
CORE



STRENGTH

POWER

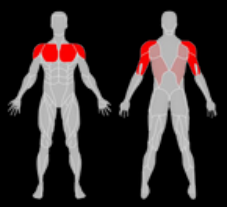
UPPER BODY



STRENGTH

POWER

SHOULDER



STRENGTH

POWER