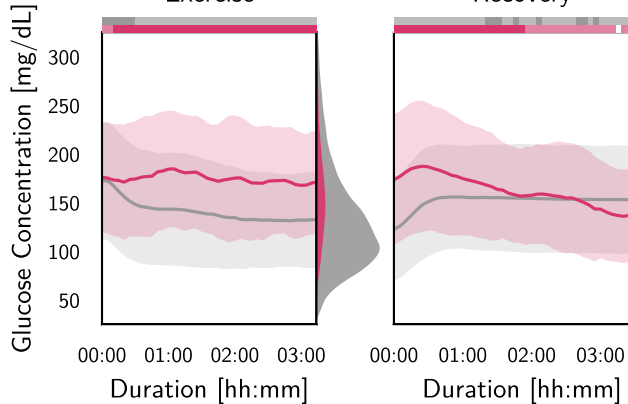


Exercise



Recovery

Sleep

