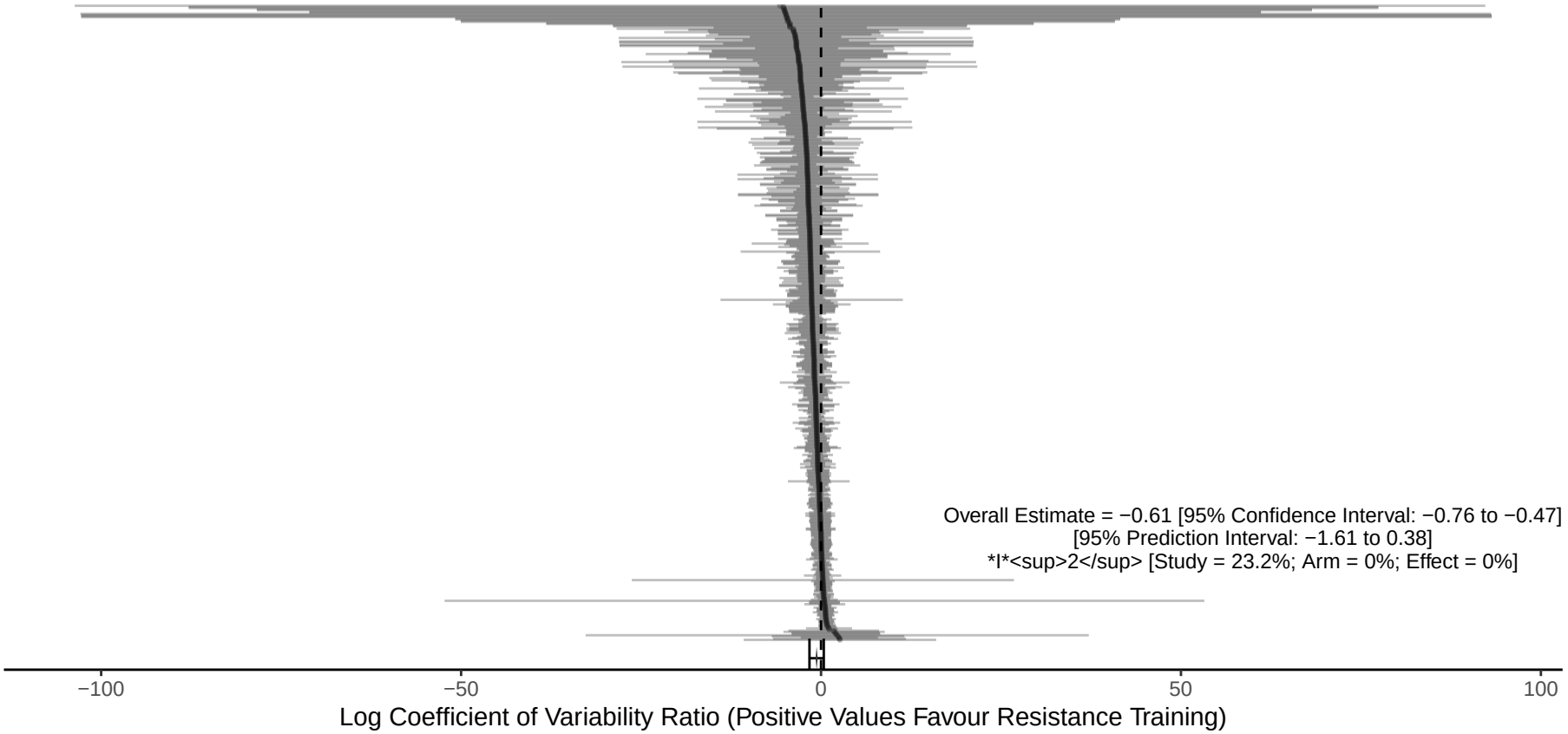
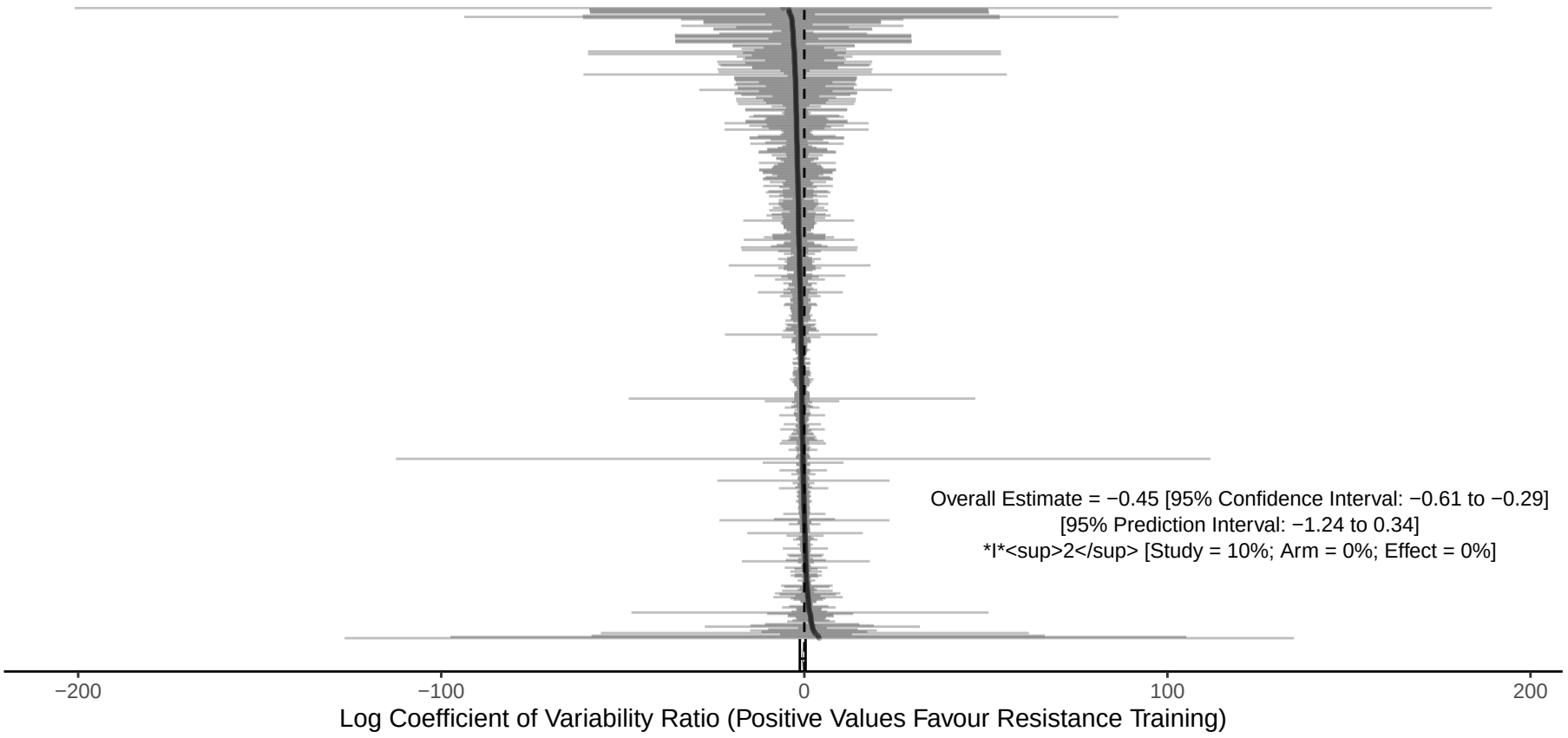
A

Strength Outcomes



B

Hypertrophy Outcomes