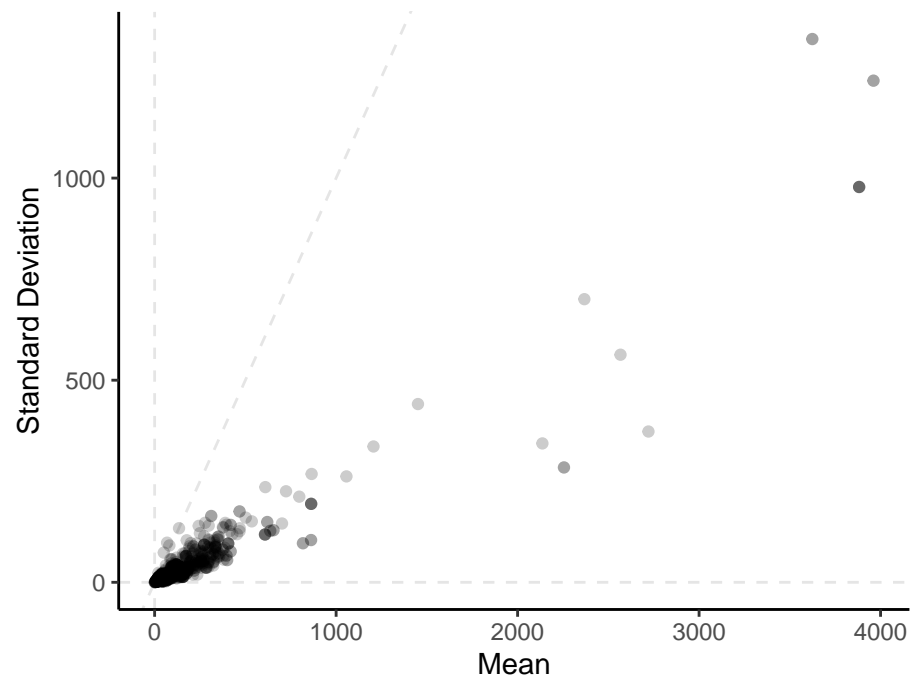


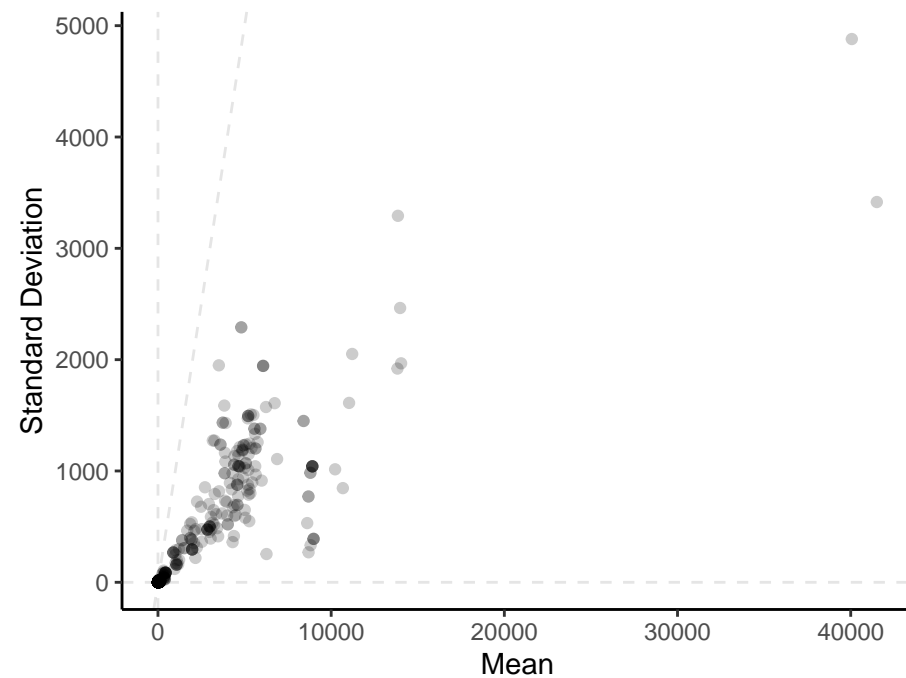
A

Strength Outcomes

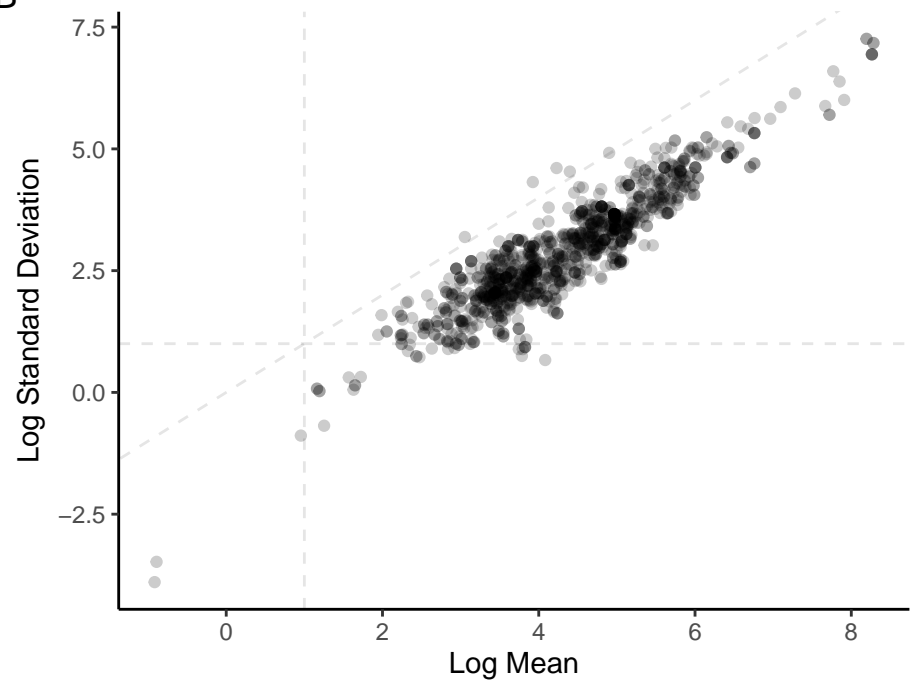


C

Hypertrophy Outcomes



B



D

