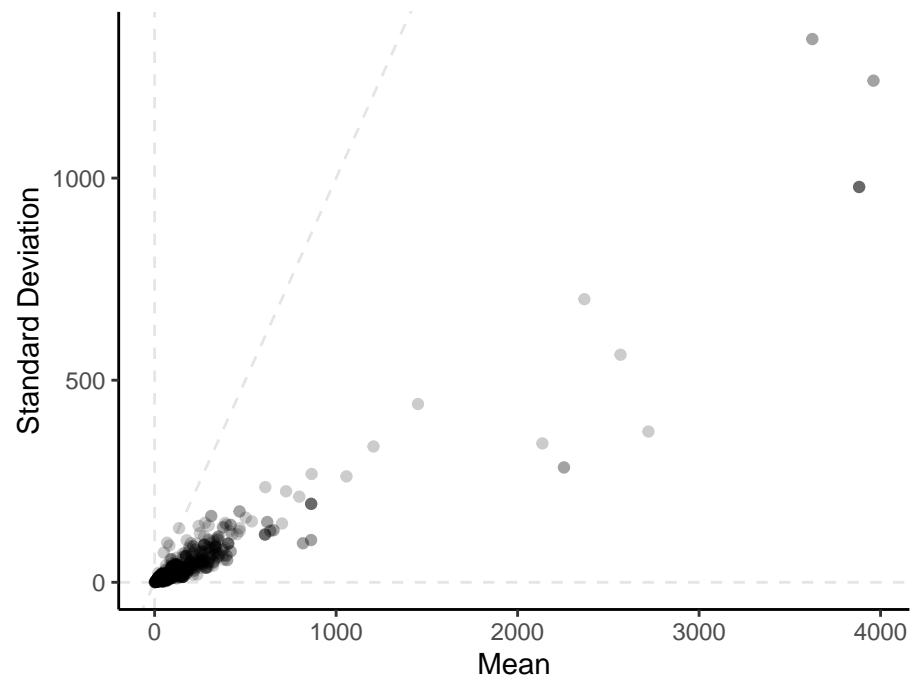


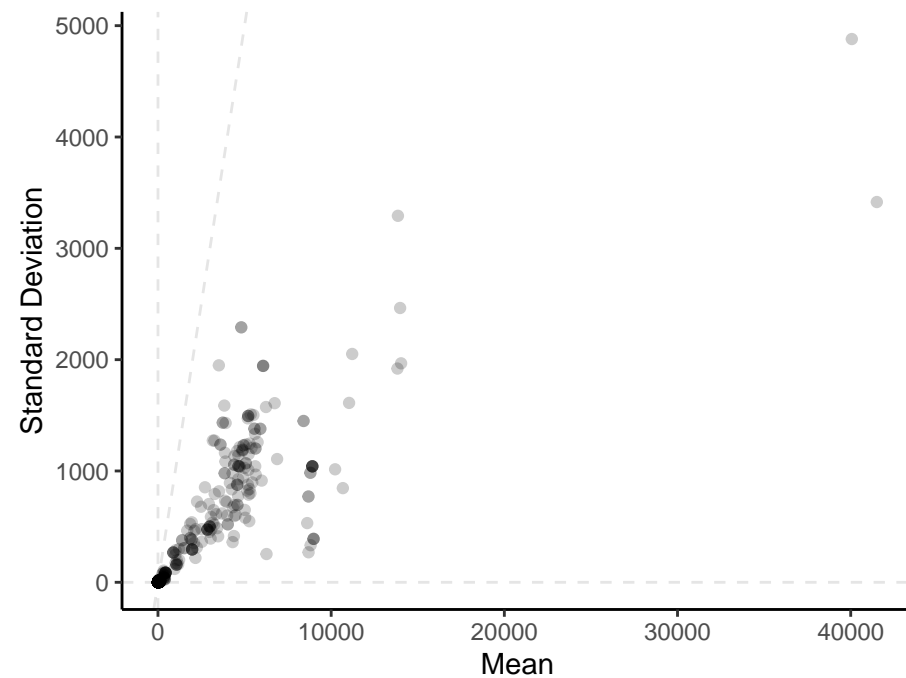
A

## Strength Outcomes

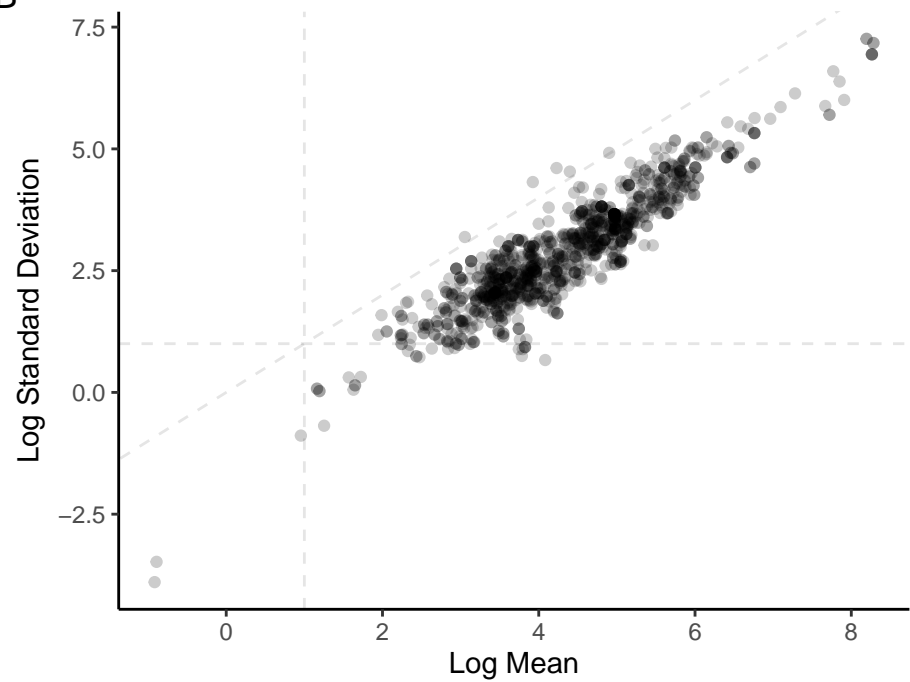


C

## Hypertrophy Outcomes



B



D

