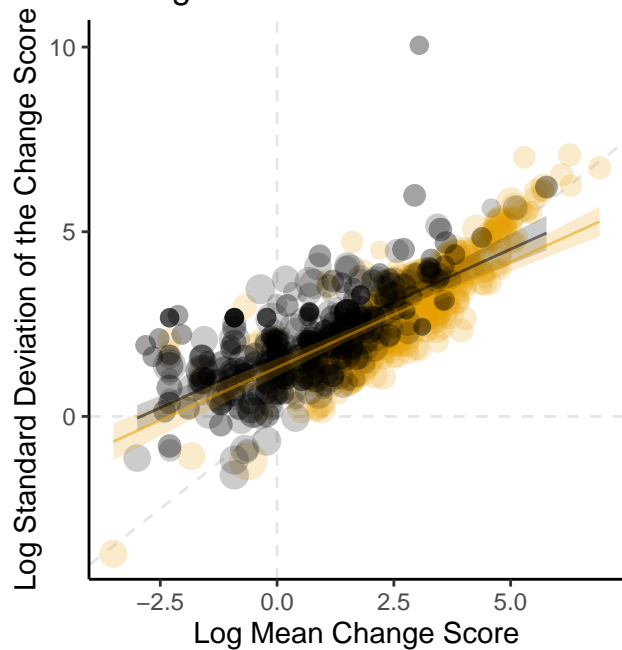


A

## Strength Outcomes



B

## Hypertrophy Outcomes

