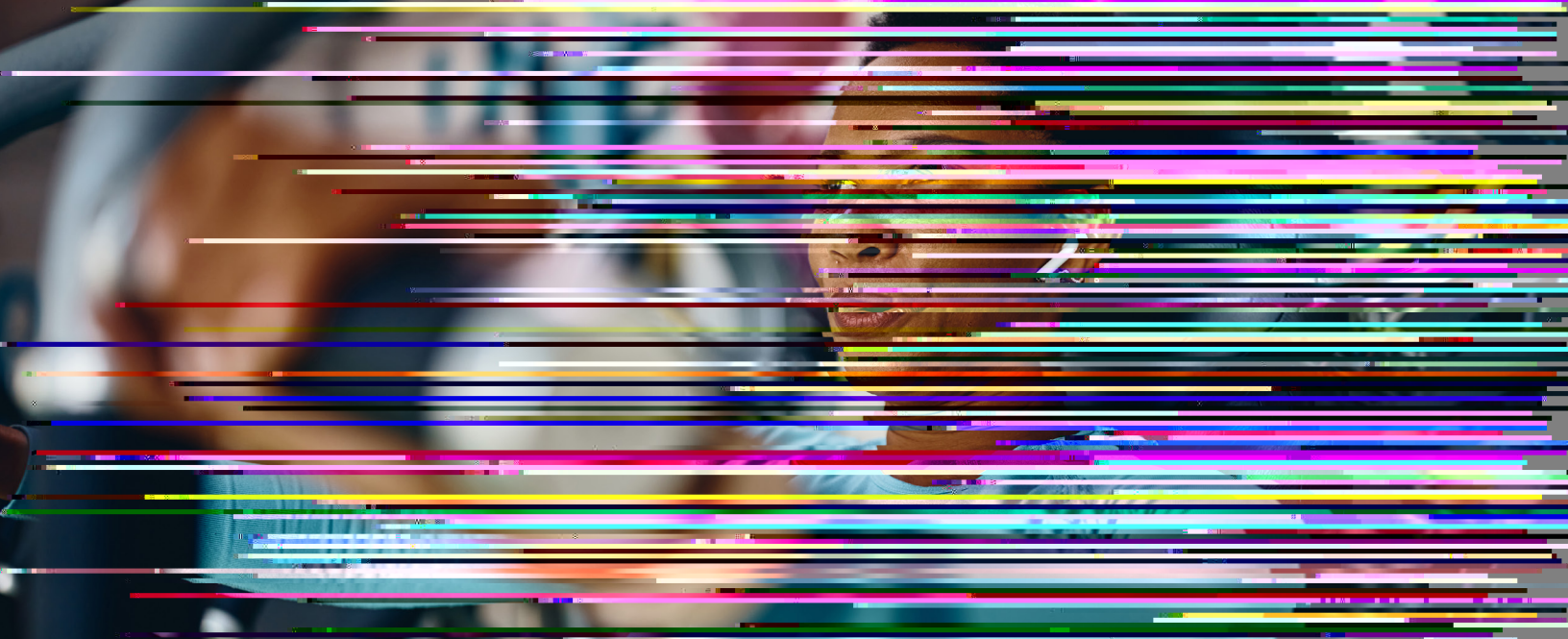
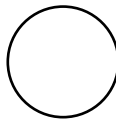
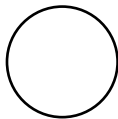
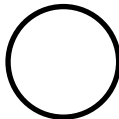




Essential element of exercise.

Strength



A recommendation.



All kinds of benefits.



