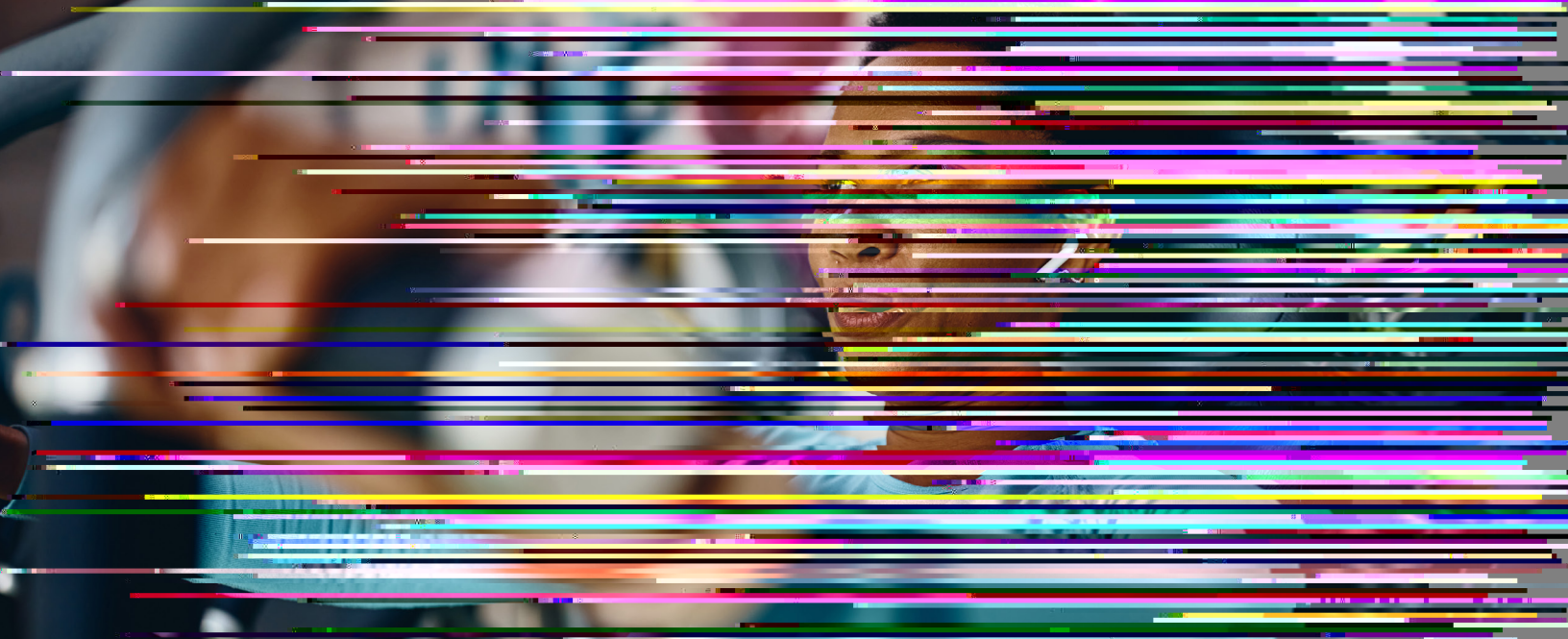
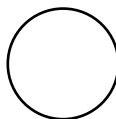
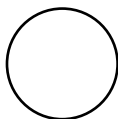
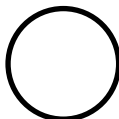




Essential element of exercise.

Strength



A recommendation.

All kinds of benefits.