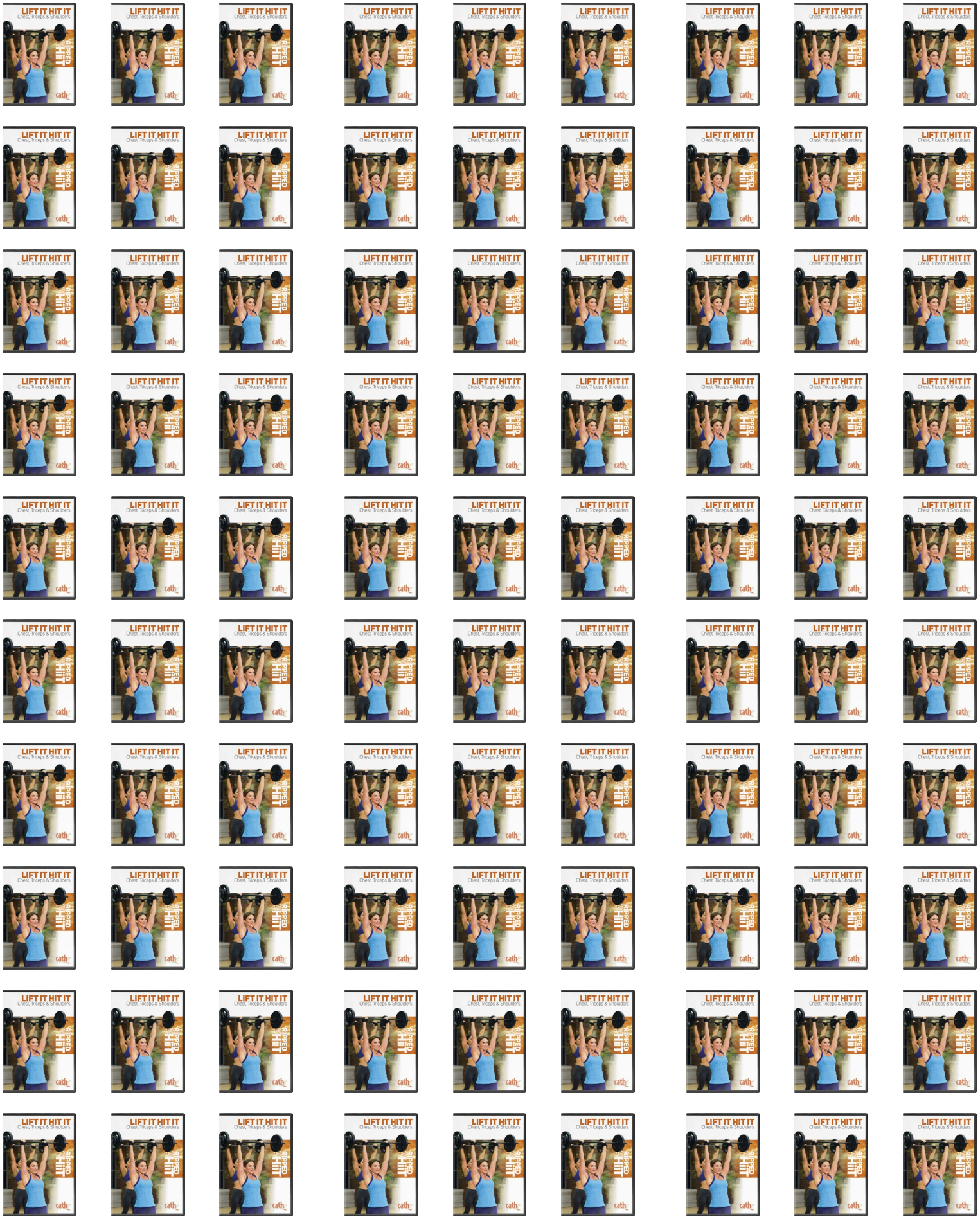
LIFT IT HIT IT
Chest, Triceps & Shoulders
RIPPED
HIT
cath