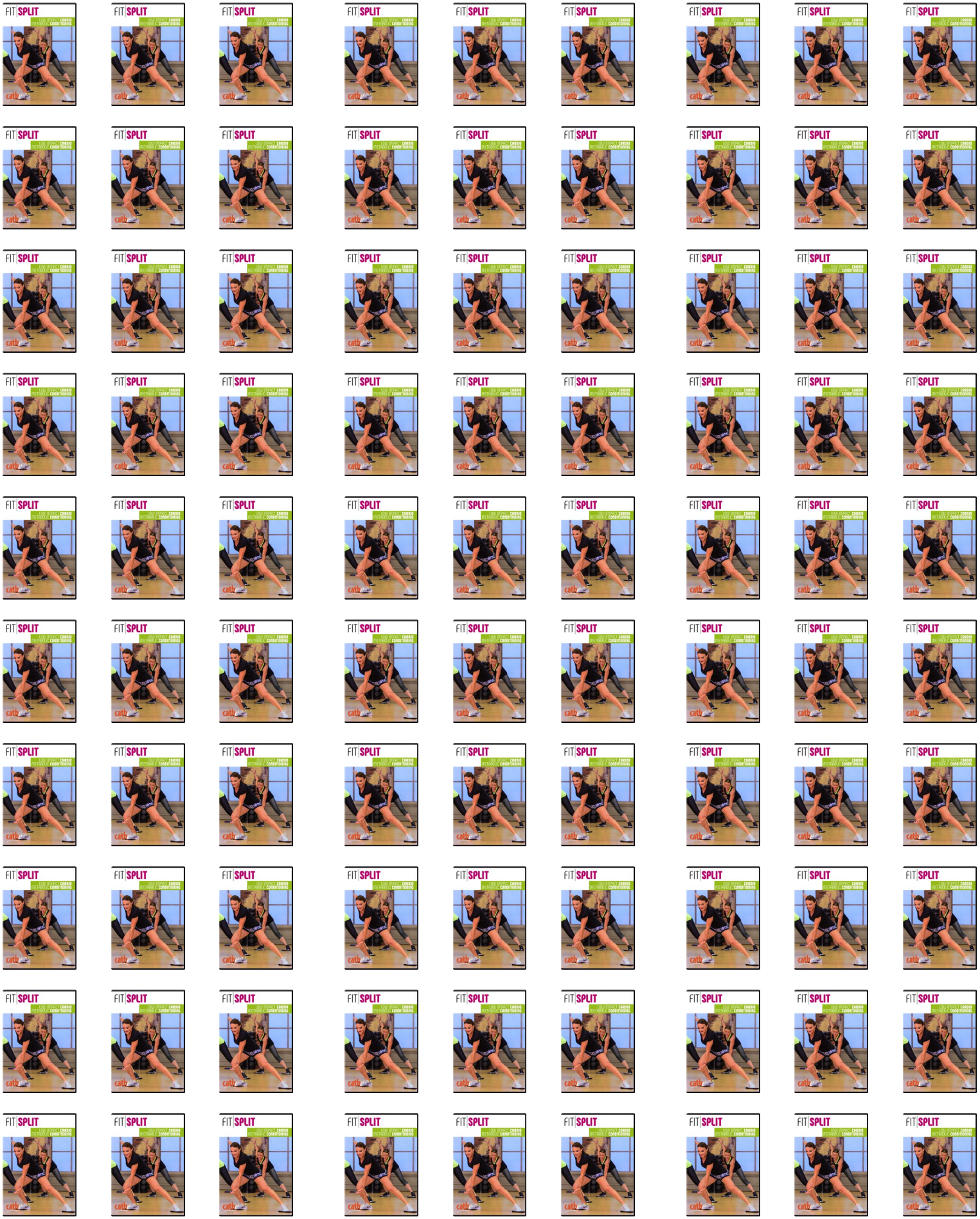
FIT SPLIT
LOW IMPACT CARDIO
METABOLIC CONDITIONING
catz