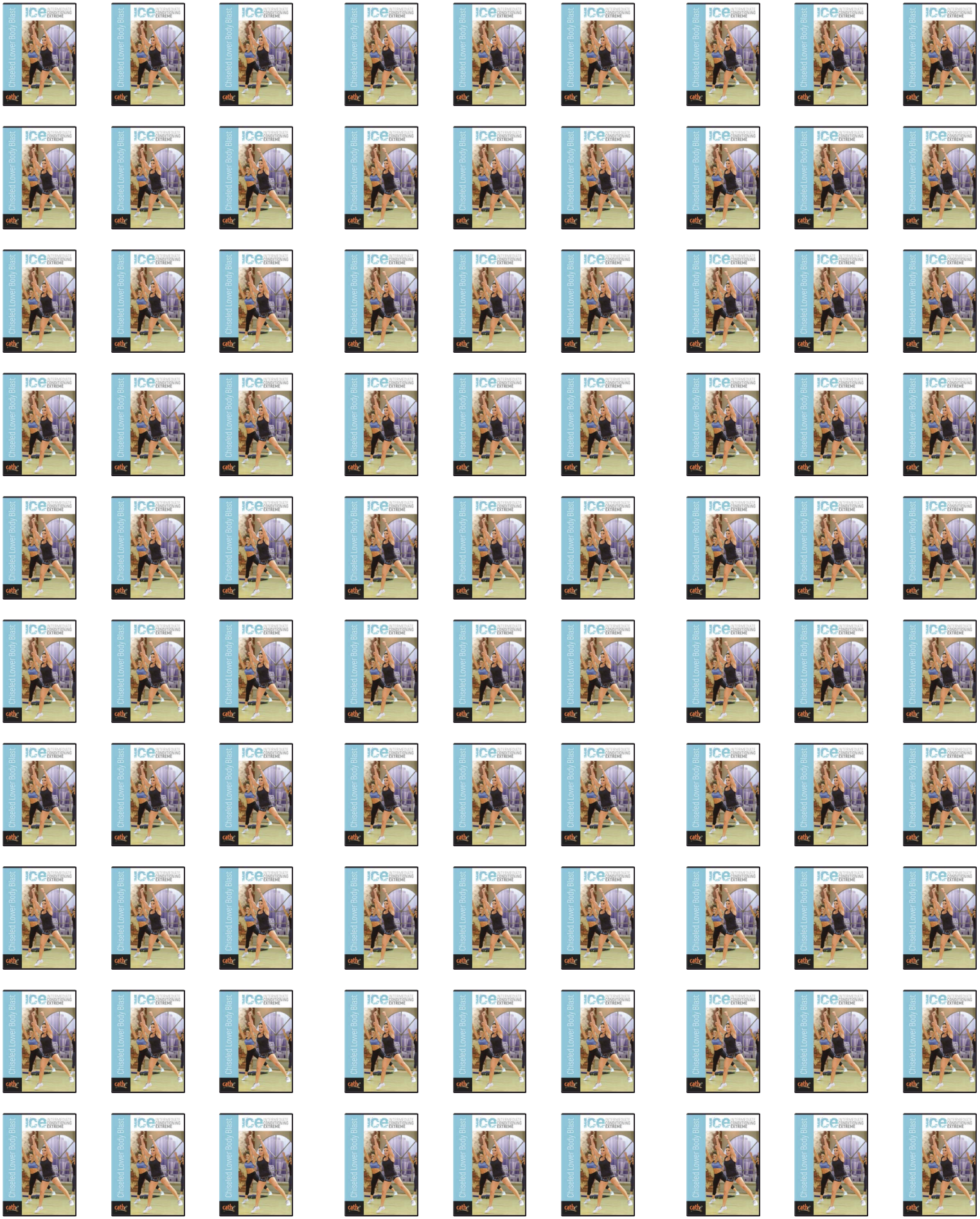
ice
INTERMEDIATE CONDITIONING EXTREME
Chiseled Lower Body Blast
cathe