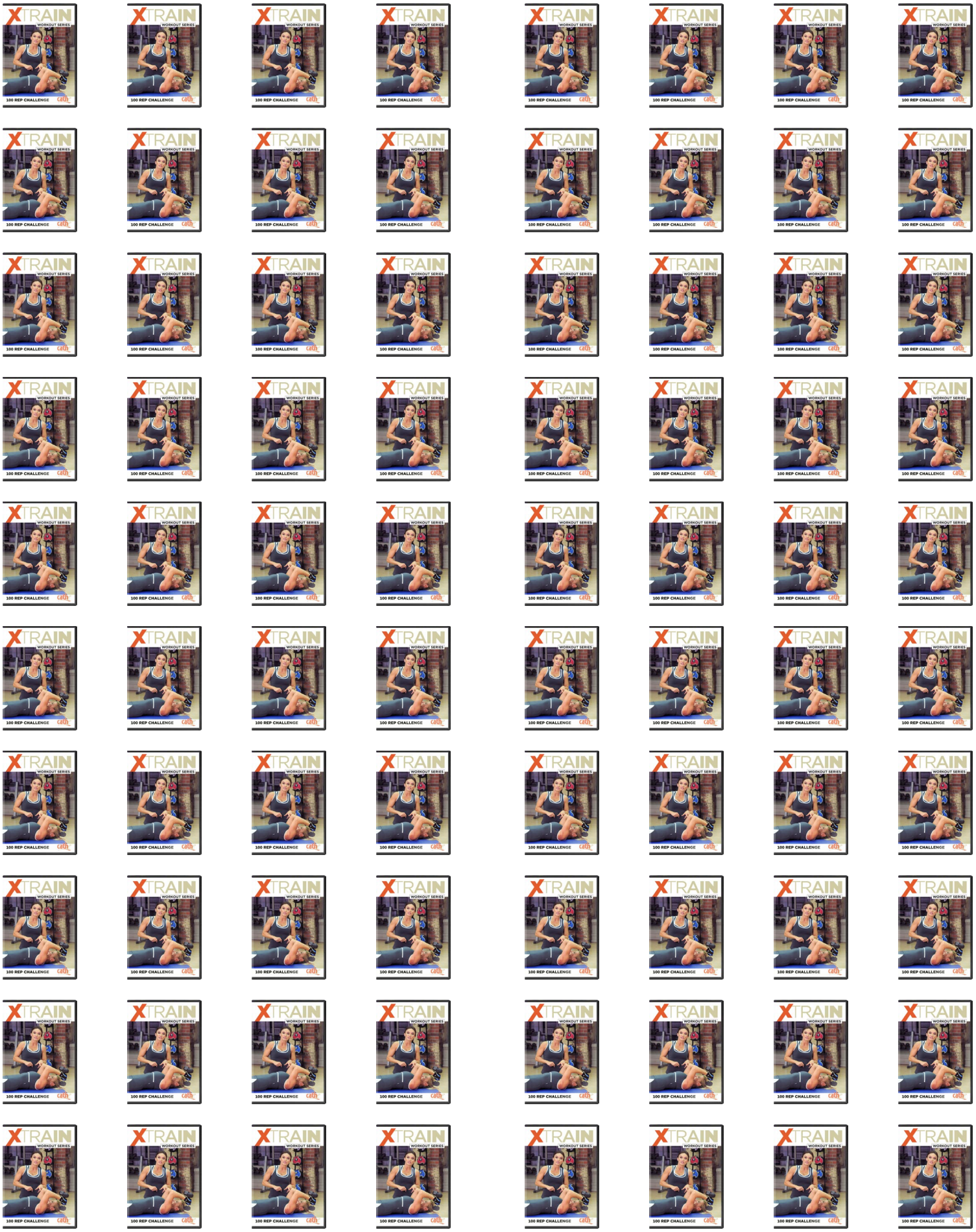
XTRAIN
WORKOUT SERIES
100 REP CHALLENGE
cath