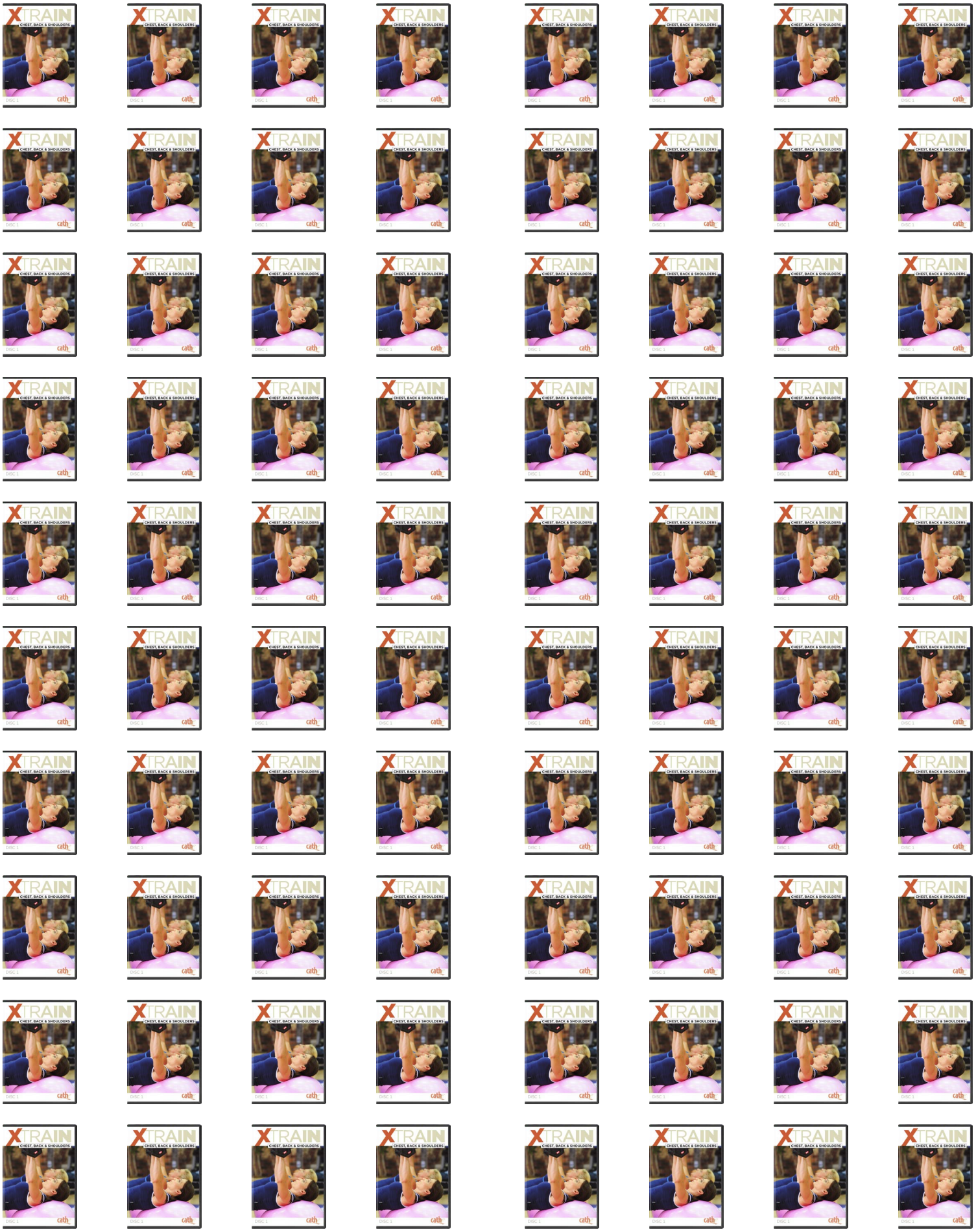
XTRAIN
CHEST, BACK & SHOULDERS
DISC 1
cath_