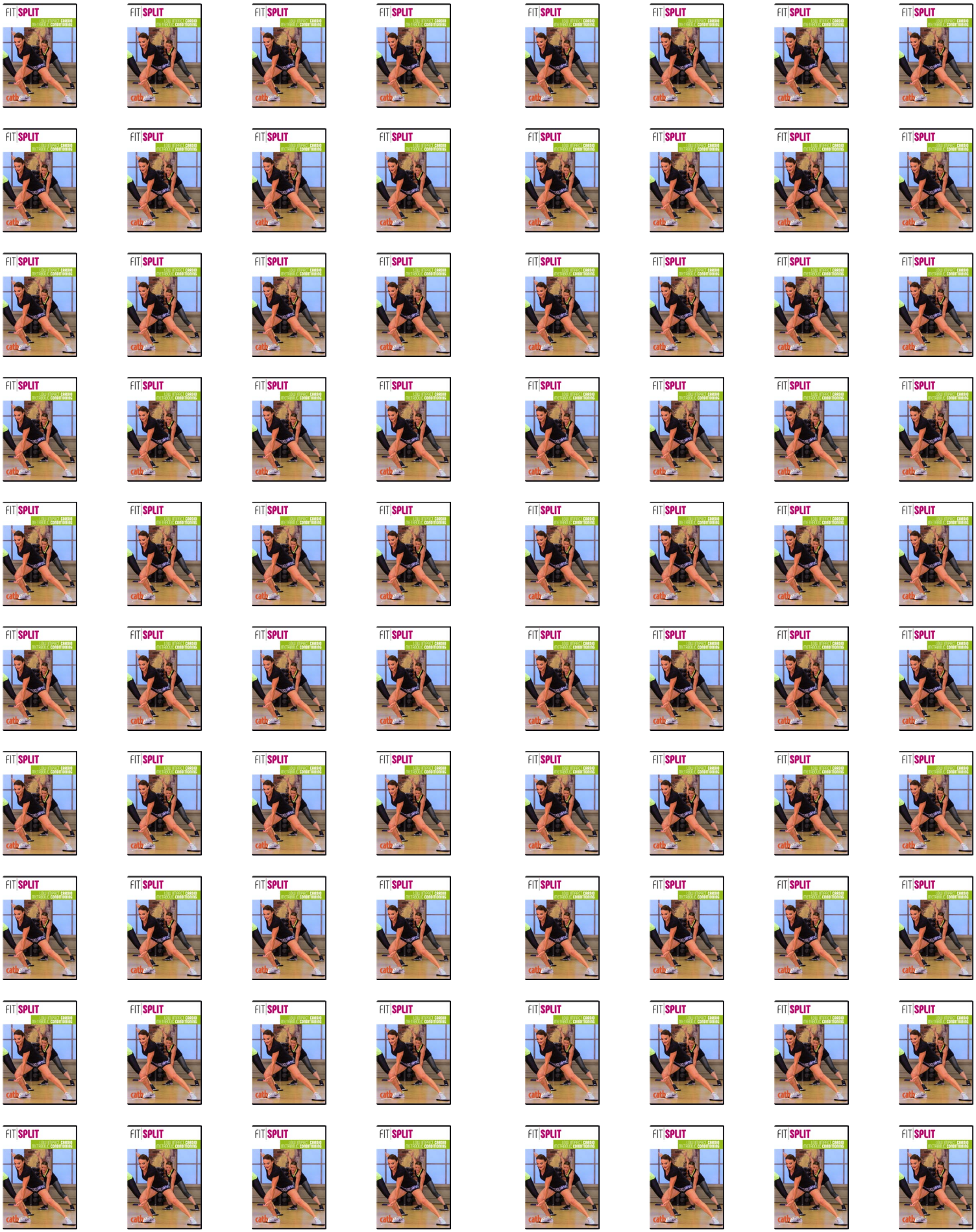
FIT SPLIT
LOW IMPACT CARDIO
RETHINK CONDITIONING
catz