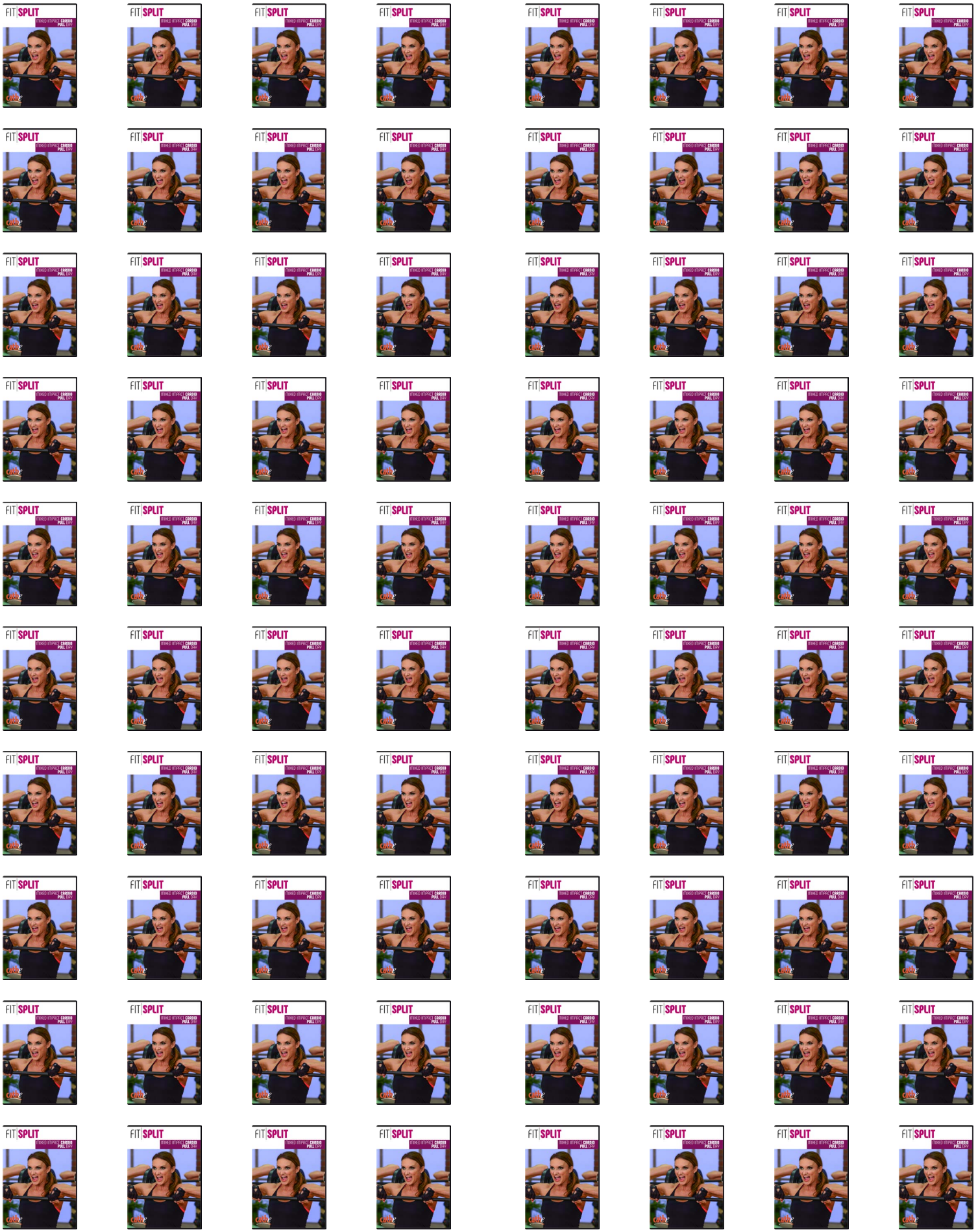
FIT SPLIT
TIMED IMPACT CARDIO
PULL UP!