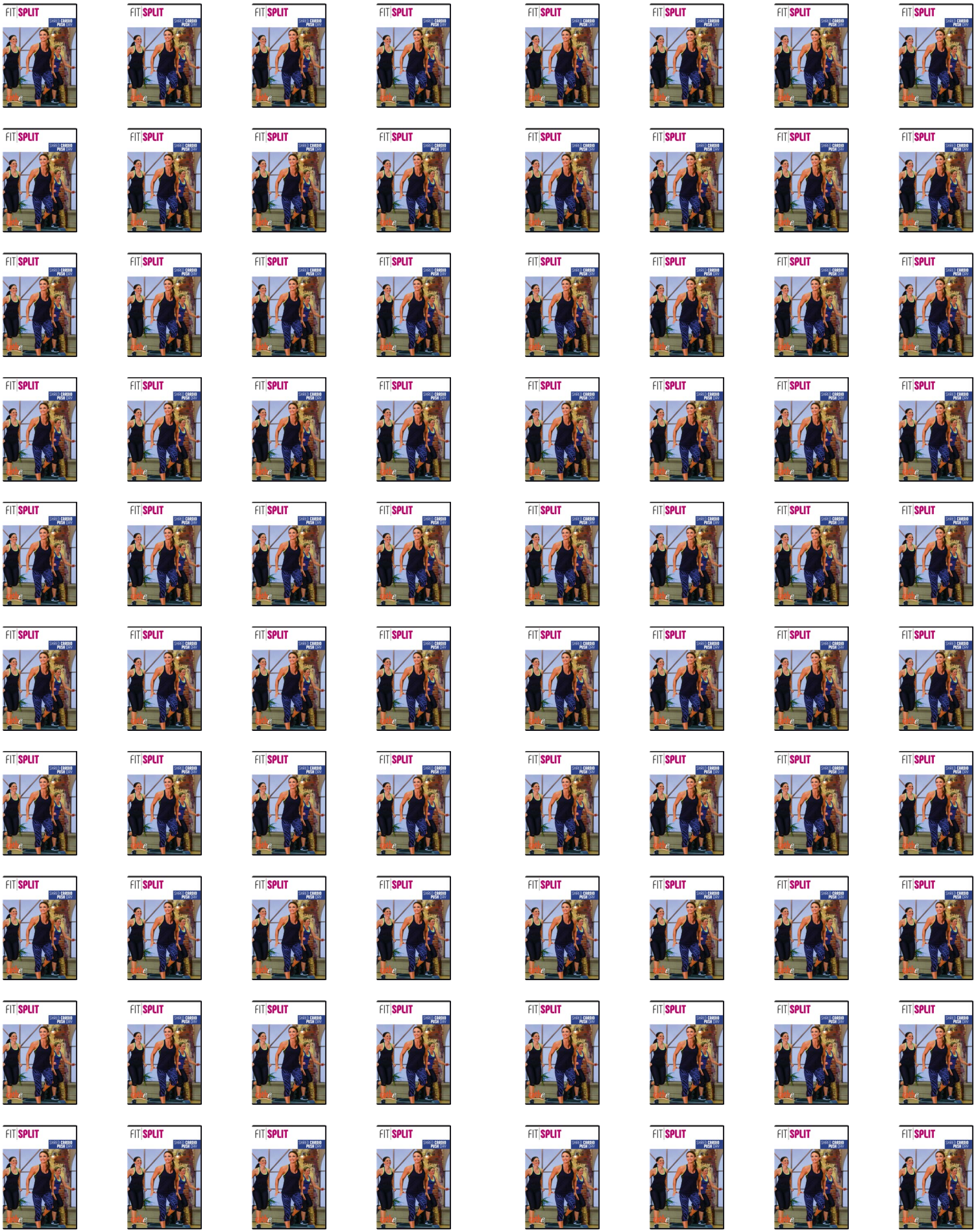
FIT SPLIT
SHRED CARDIO PUSH LEFT