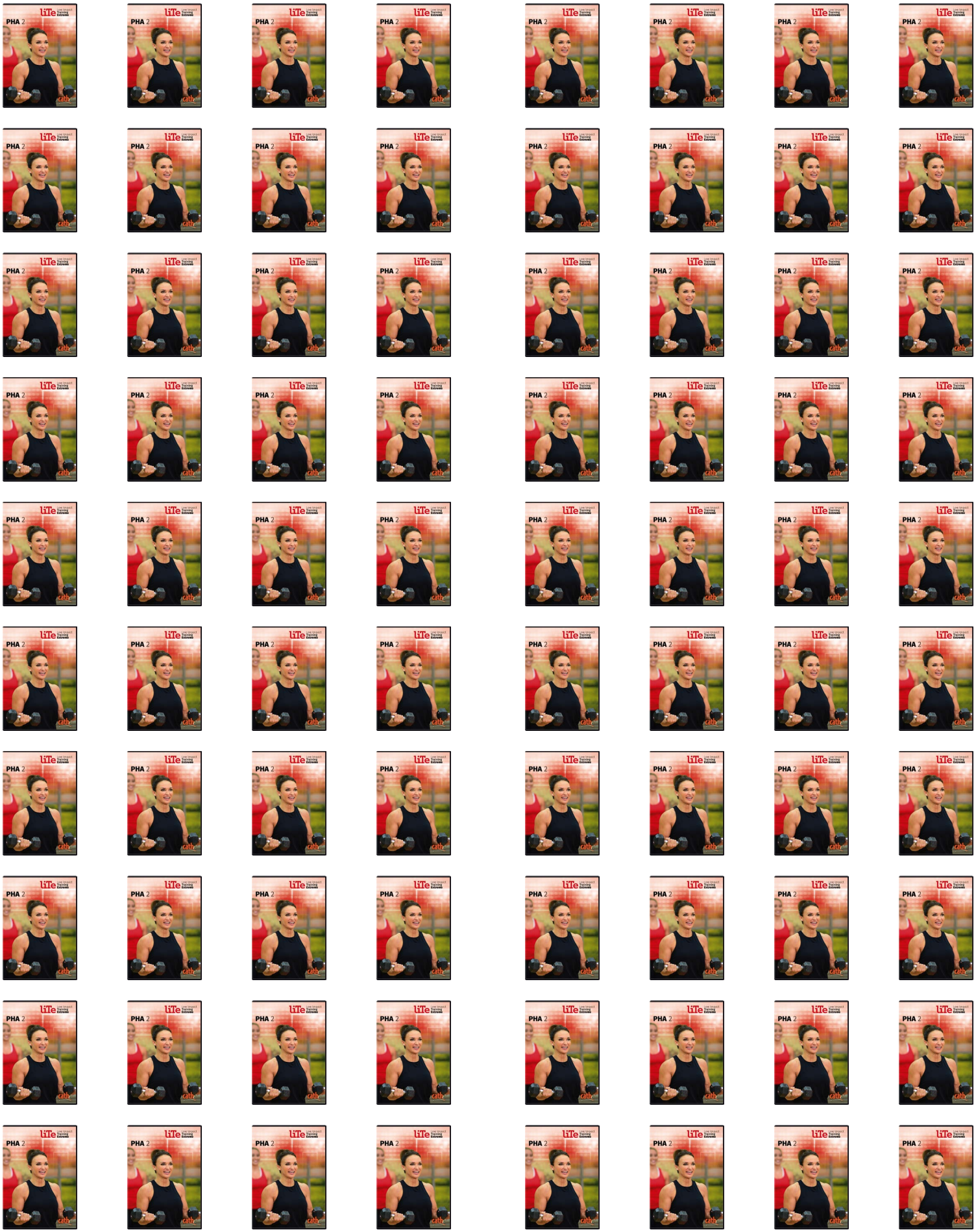
PHA 2
LiTe
Low Impact Training Extreme
Cathy