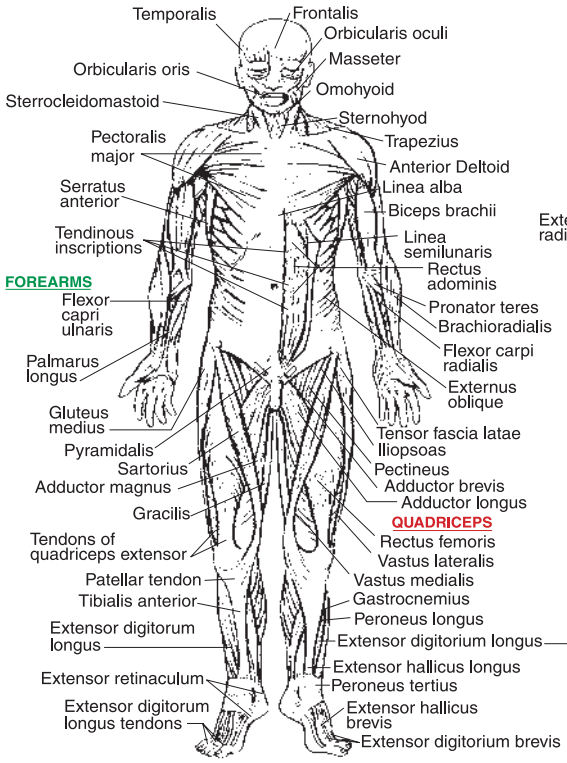
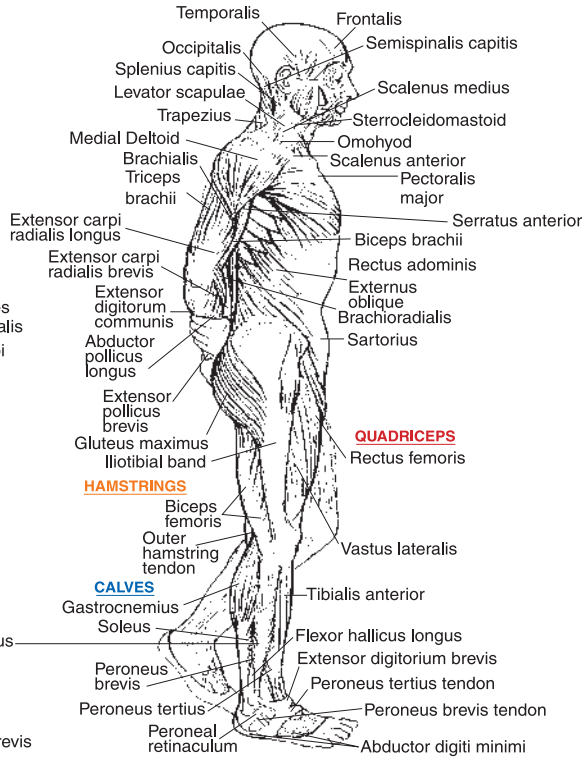
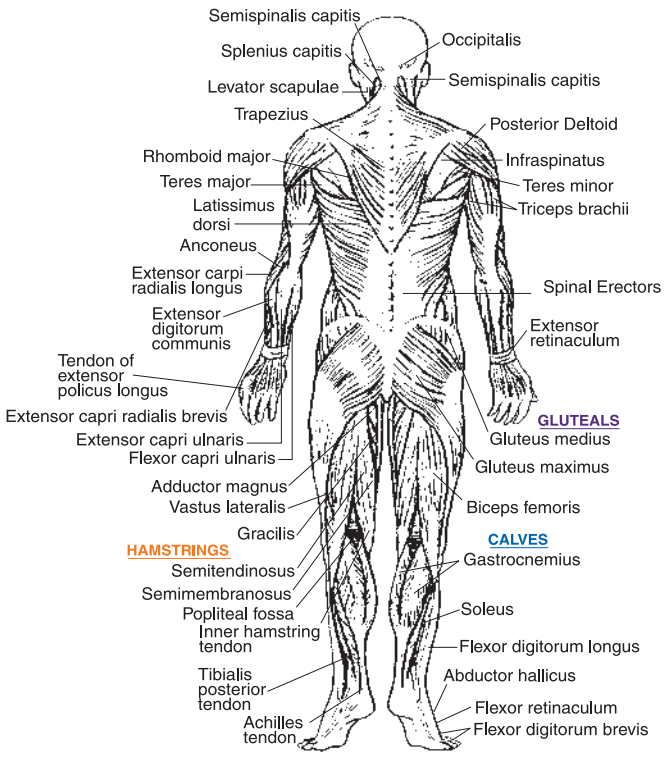
Fitness Aspects
For the Body & Mind

The Muscular System