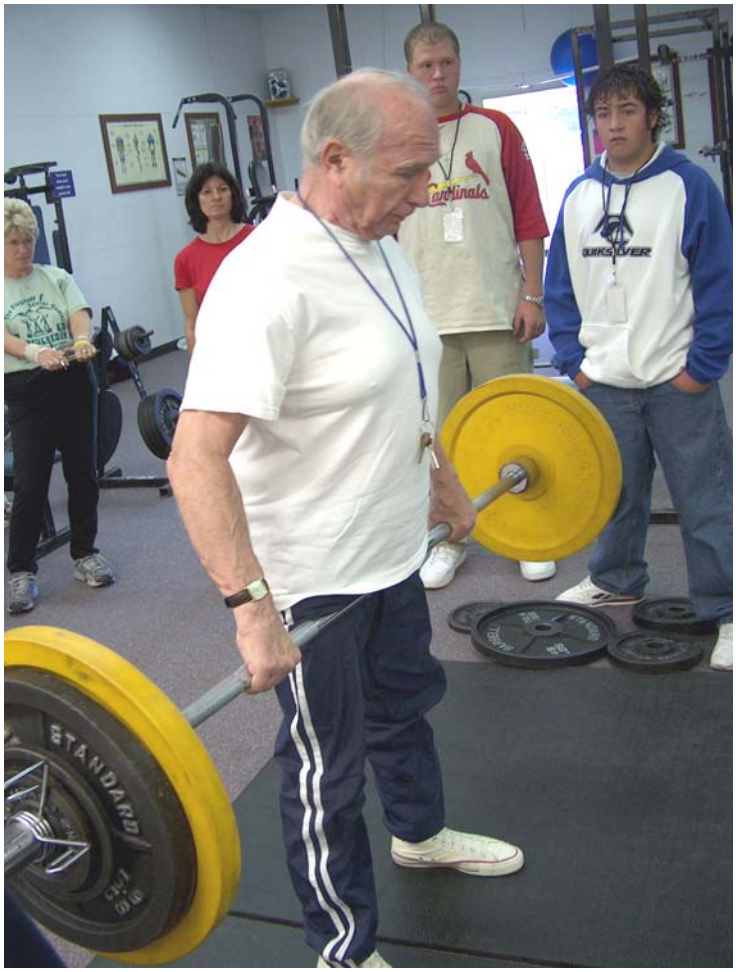
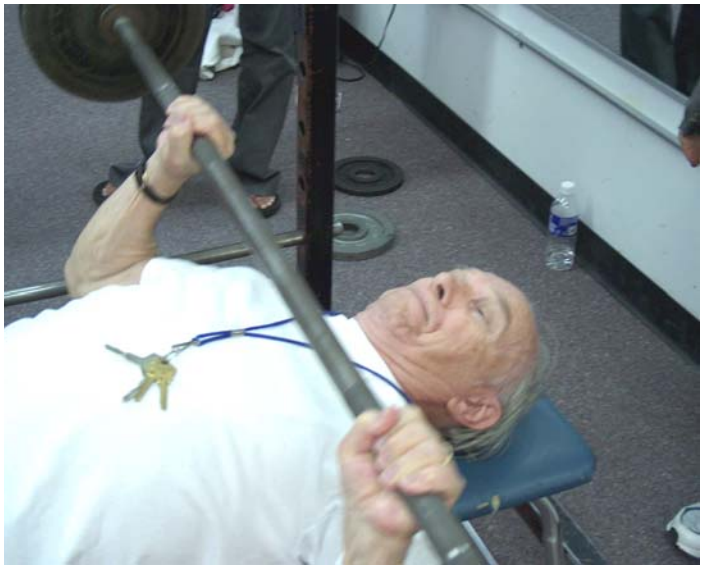

Cardinals
STANDARD

PANTHER
FOOTBALL



BARBELL

BARBELL
BARBELL

LEG WORKOUT