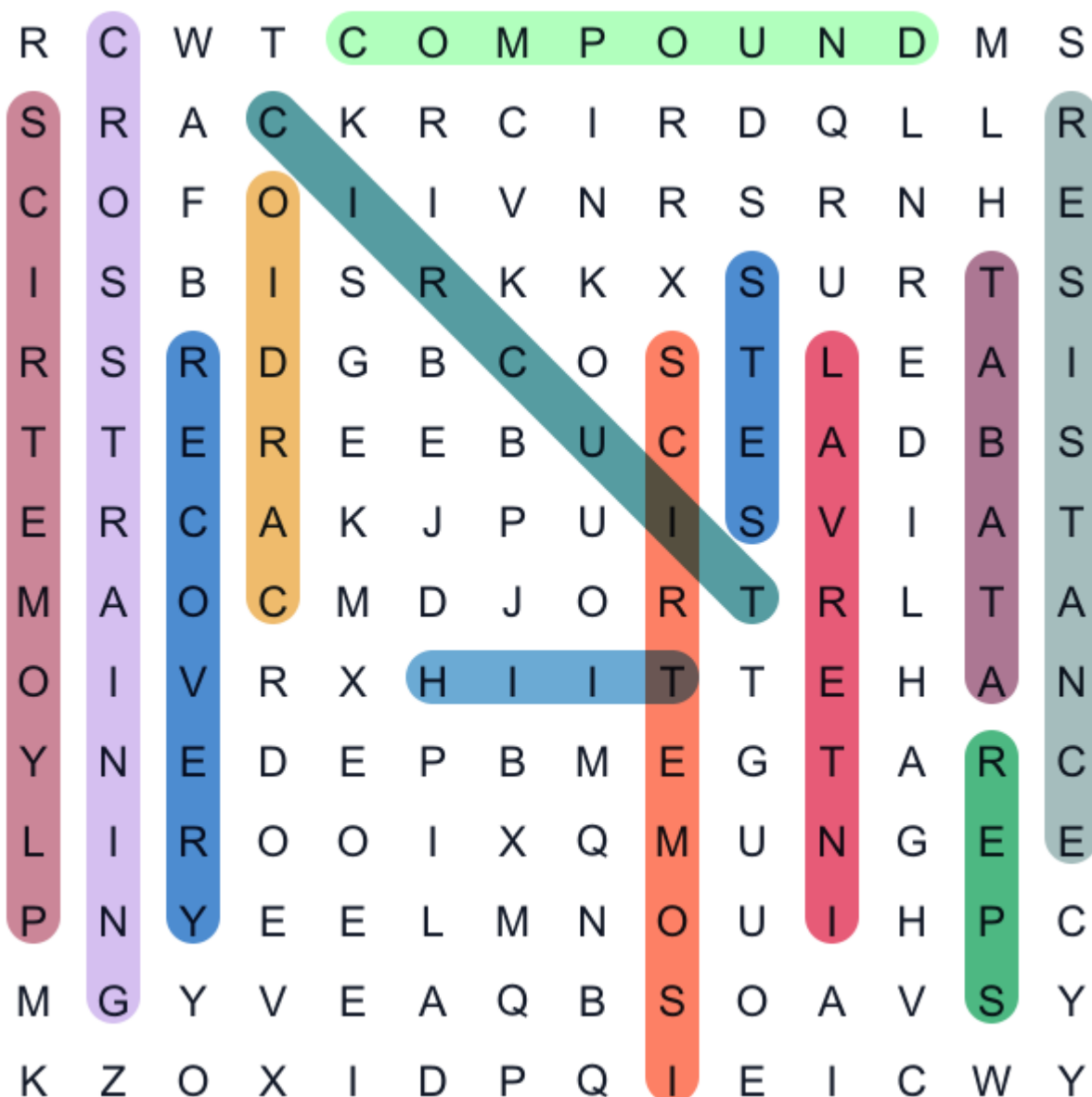


Fitness



- Isometrics
- Cardio
- Interval
- Hiit
- Reps
- Resistance
- Tabata
- Plyometrics
- Circuit
- Compound
- Sets
- Recovery
- Cross Training