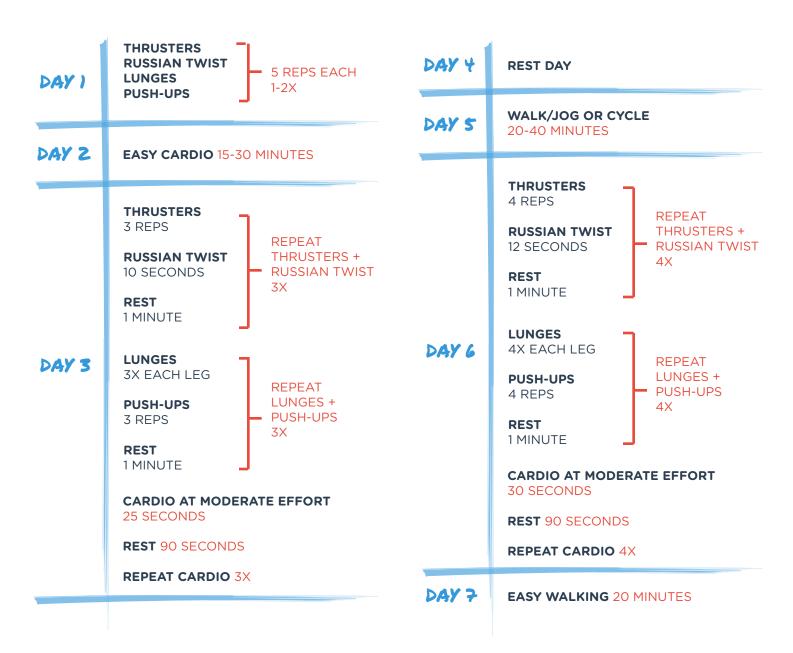
myfitnesspal



HIGH INTENSITY INTERVAL TRAINING CHALLENGE



PUSH-UP









LUNGES

