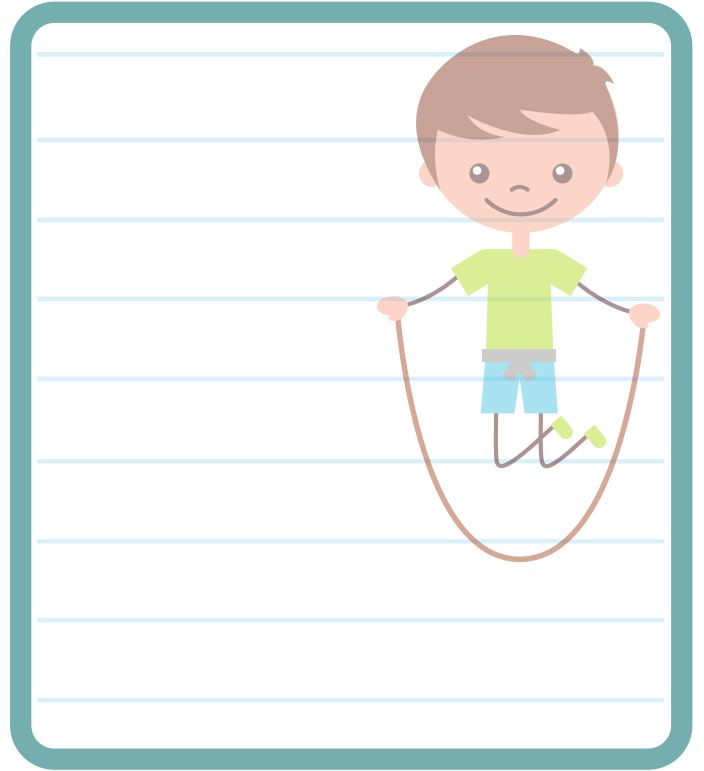


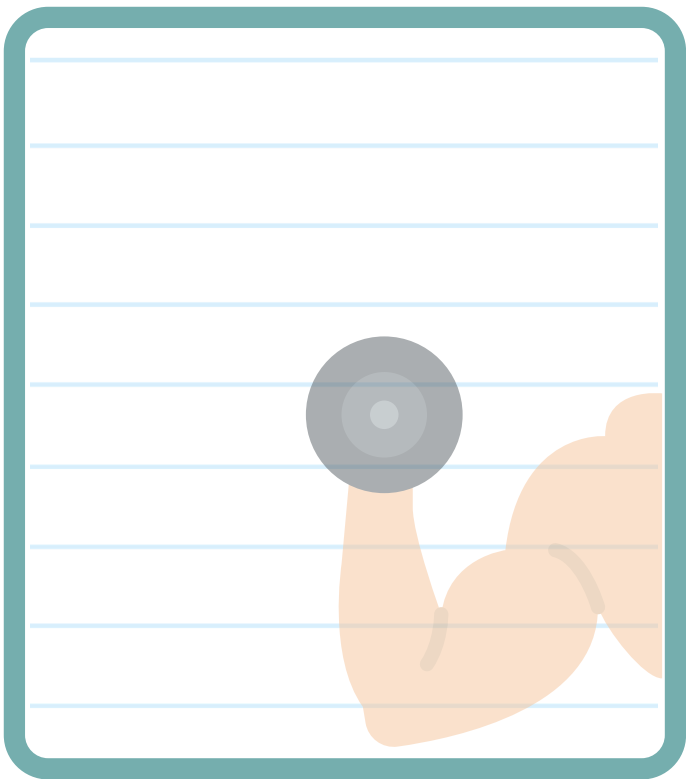
Flexibility



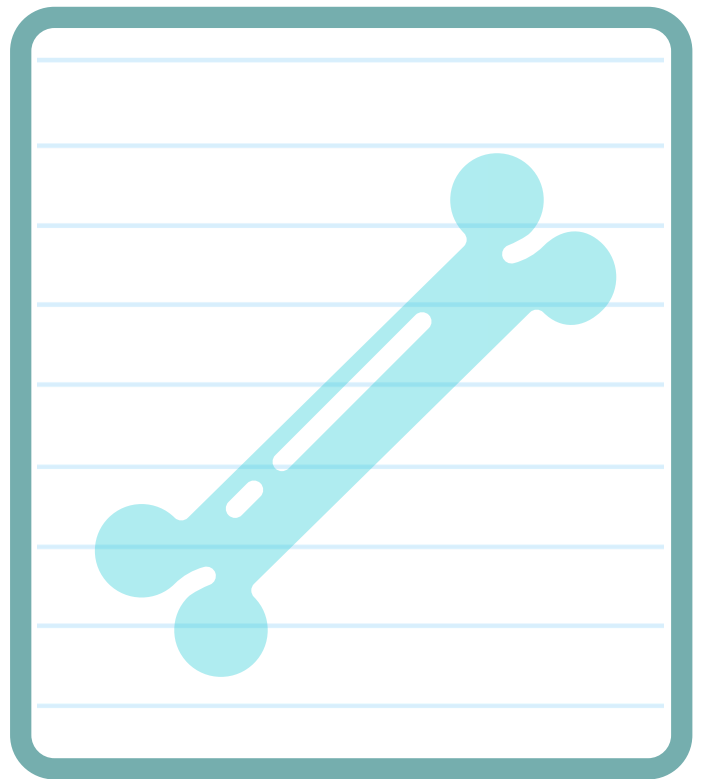
Aerobic



What did I do today?



Muscle Building



Bone Strengthening