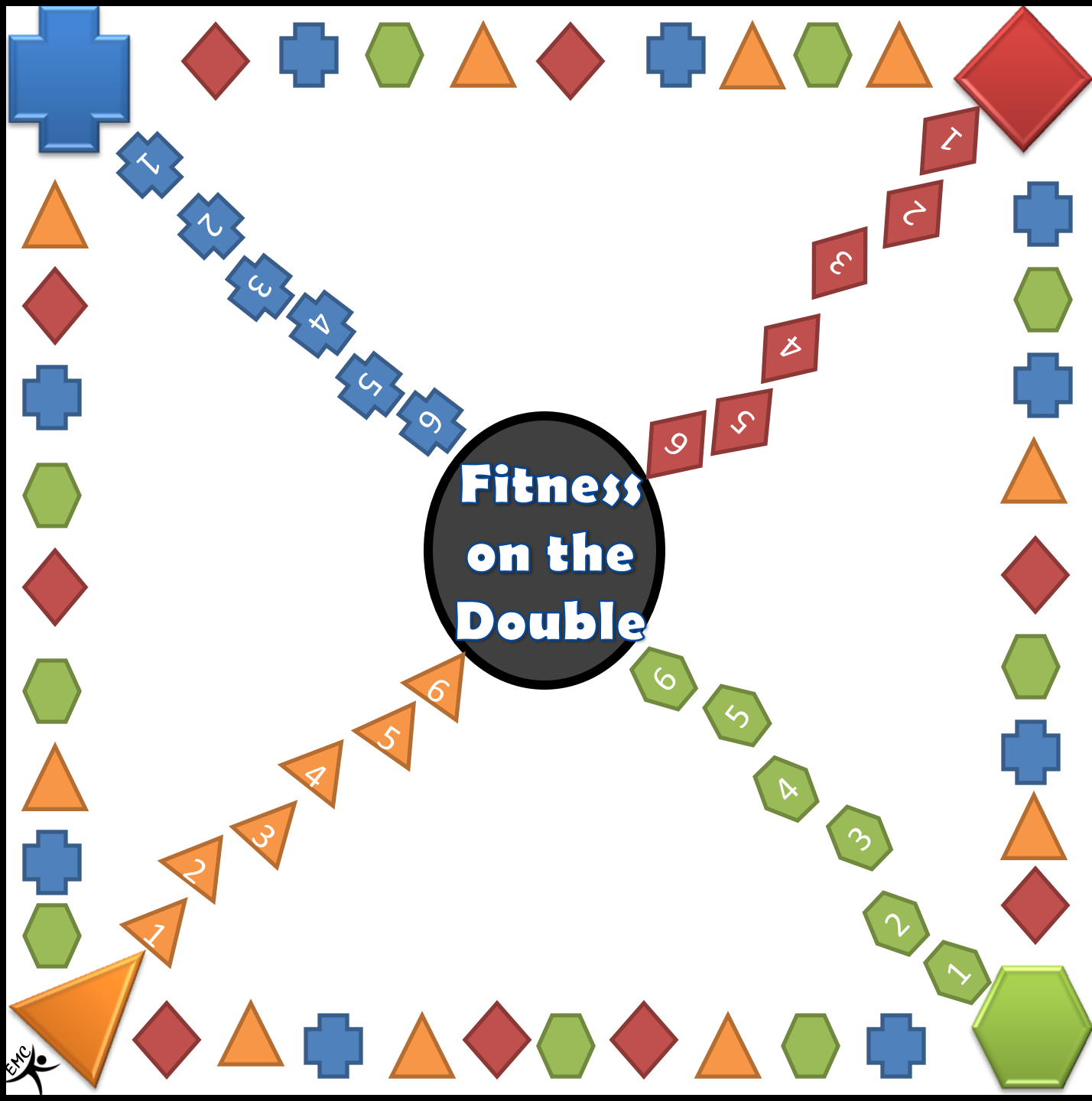


**Fitness
on the
Double**





CARDIO

Muscular Strength



Flexibility

A large orange triangle with a thin orange border, centered on a white background. The text "Muscular Endurance" is written in bold black font inside the triangle.

**Muscular
Endurance**