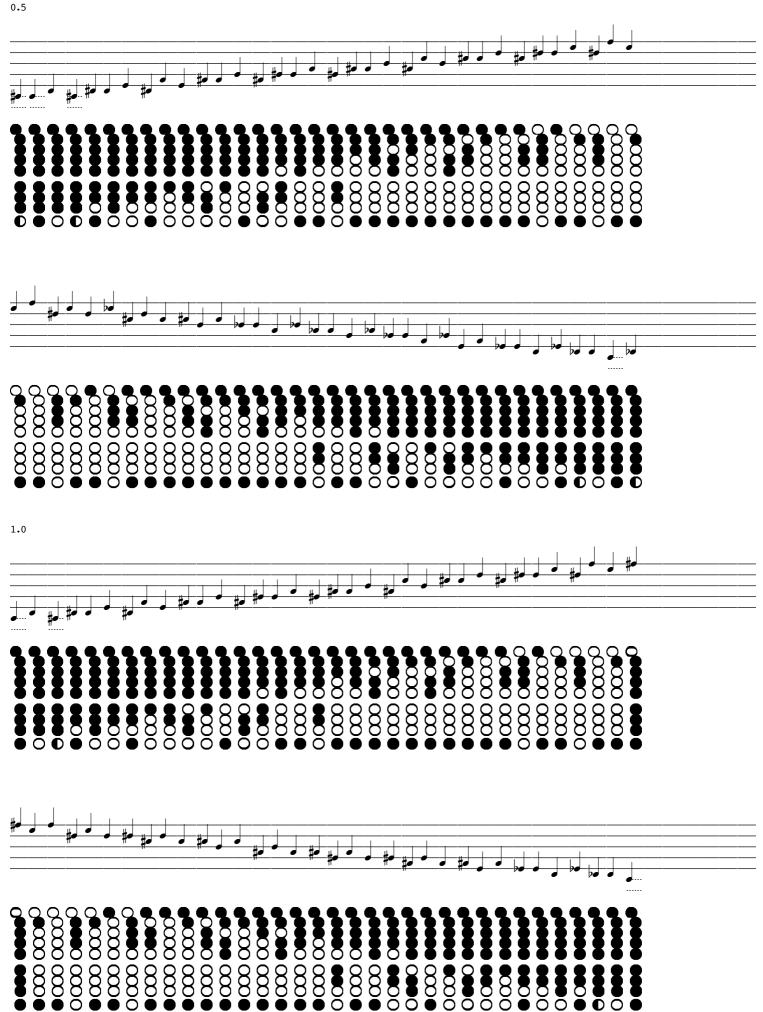
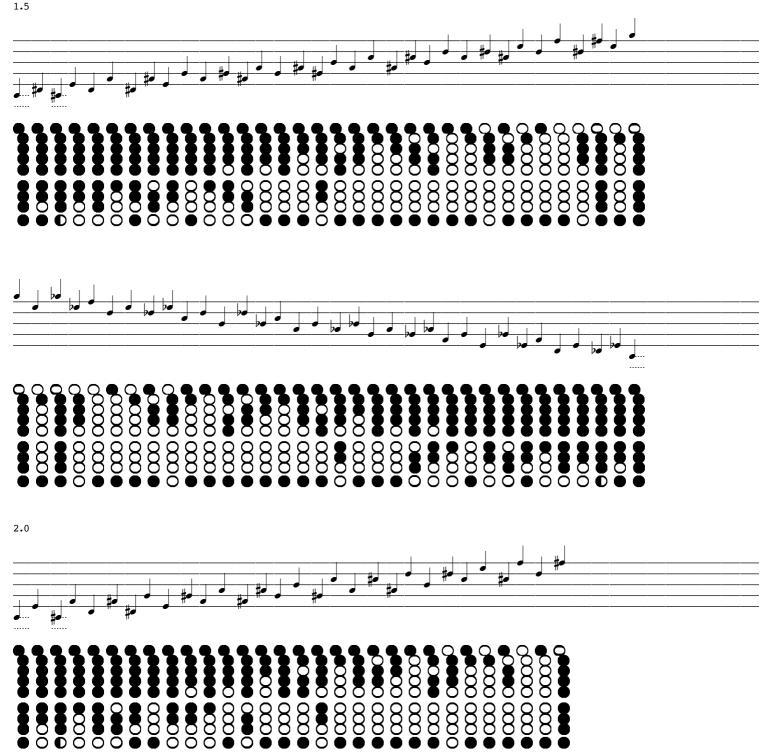
Interval Training

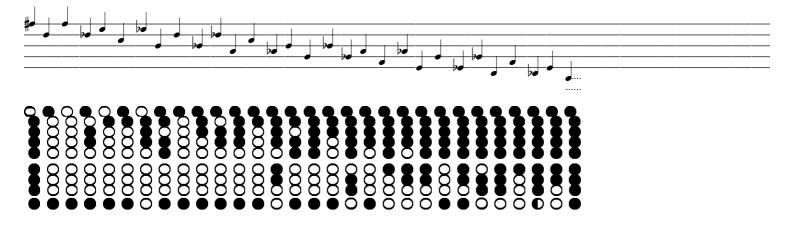


 - 1 -

Interval Training



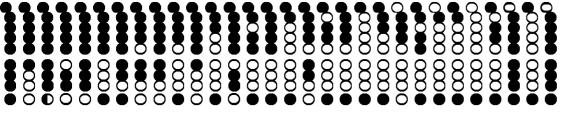
888 800



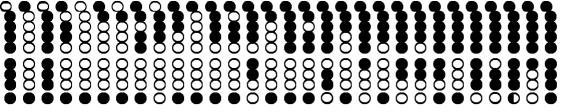
- 2 -

Interval Training

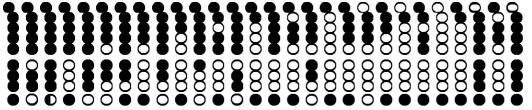


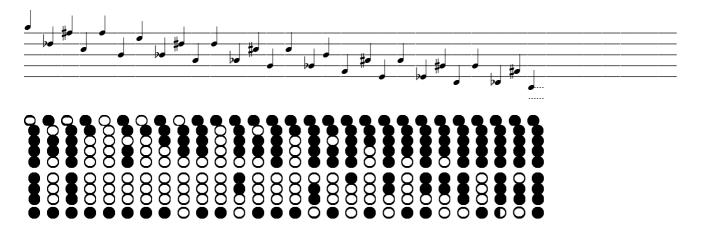












- 3 -