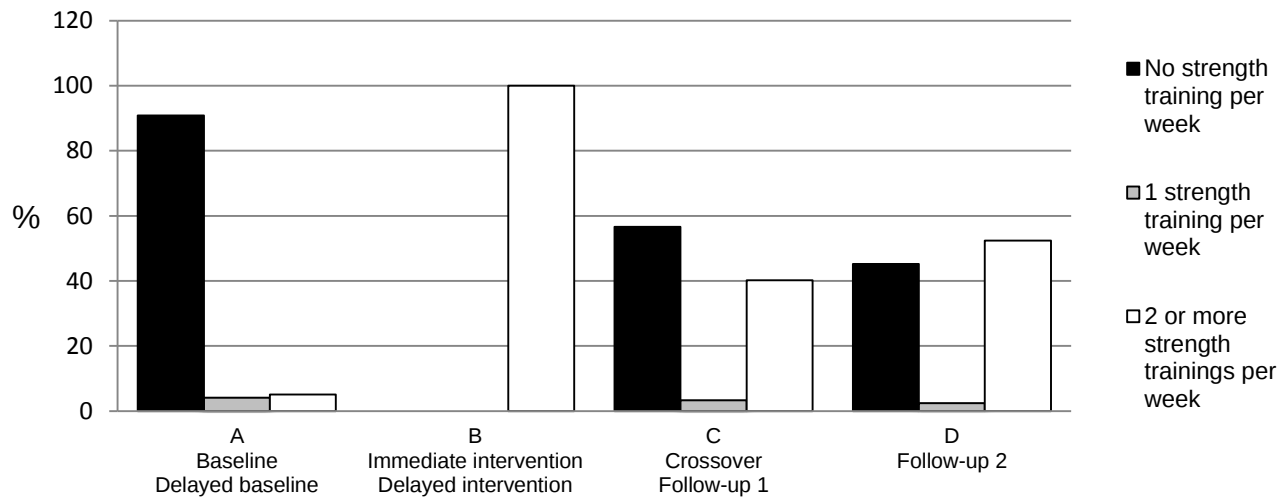




3c

Strength training sessions per week during four periods