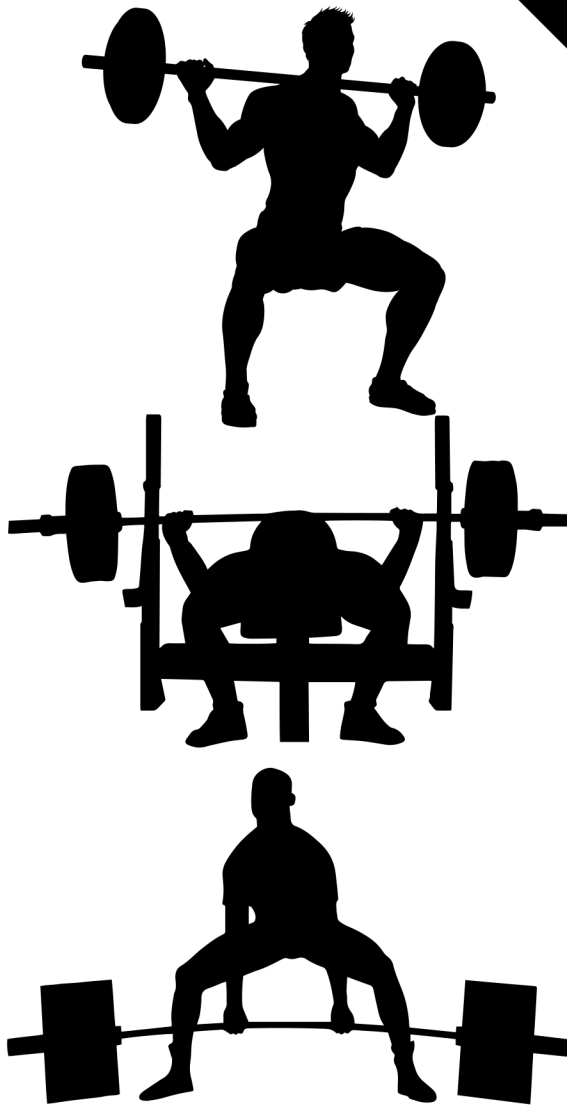


STRATFIT



S
T
R
E
N
G
T
H

THE ABILITY
TO PRODUCE
A HIGH
AMOUNT OF
FORCE.

KEY METRIC: SQUAT +
BENCH PRESS + DEADLIFT
ONE REP MAXIMUMS TOTAL