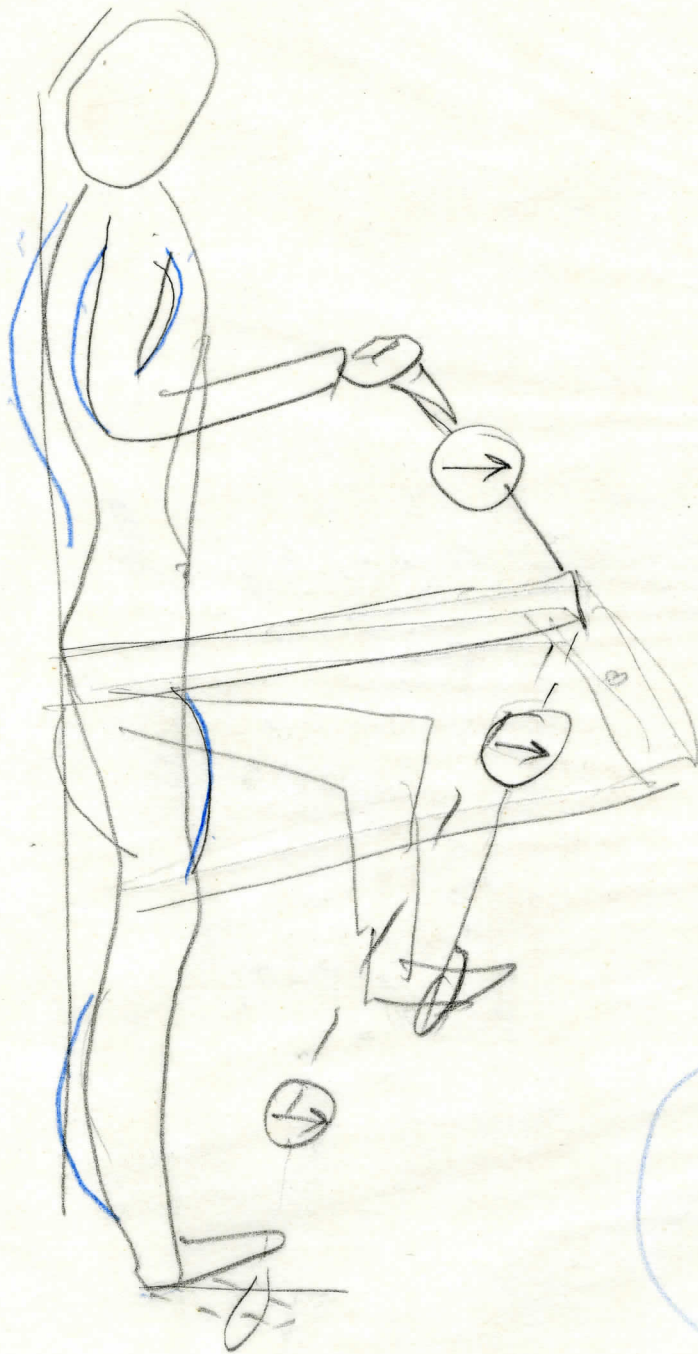


Sketch of Russian
pre + post ~~test~~ strength test
isometric



back bend
timed

20 Sept. '74