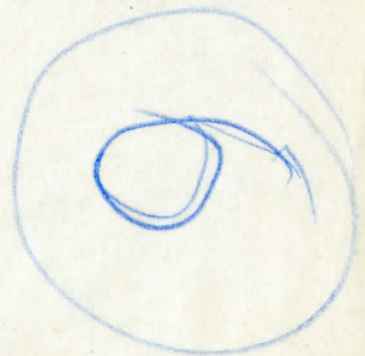
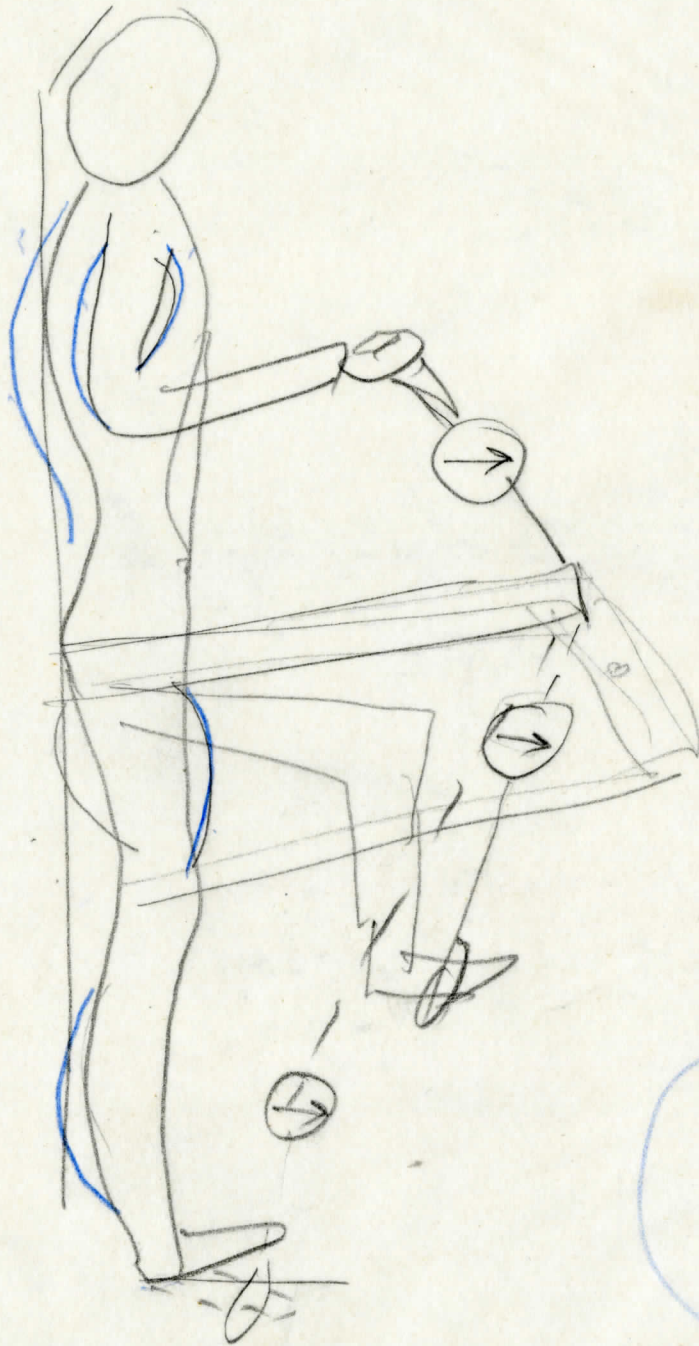


Sketch of Russian  
pre + post ~~test~~ strength test  
isometric



back bend  
timed