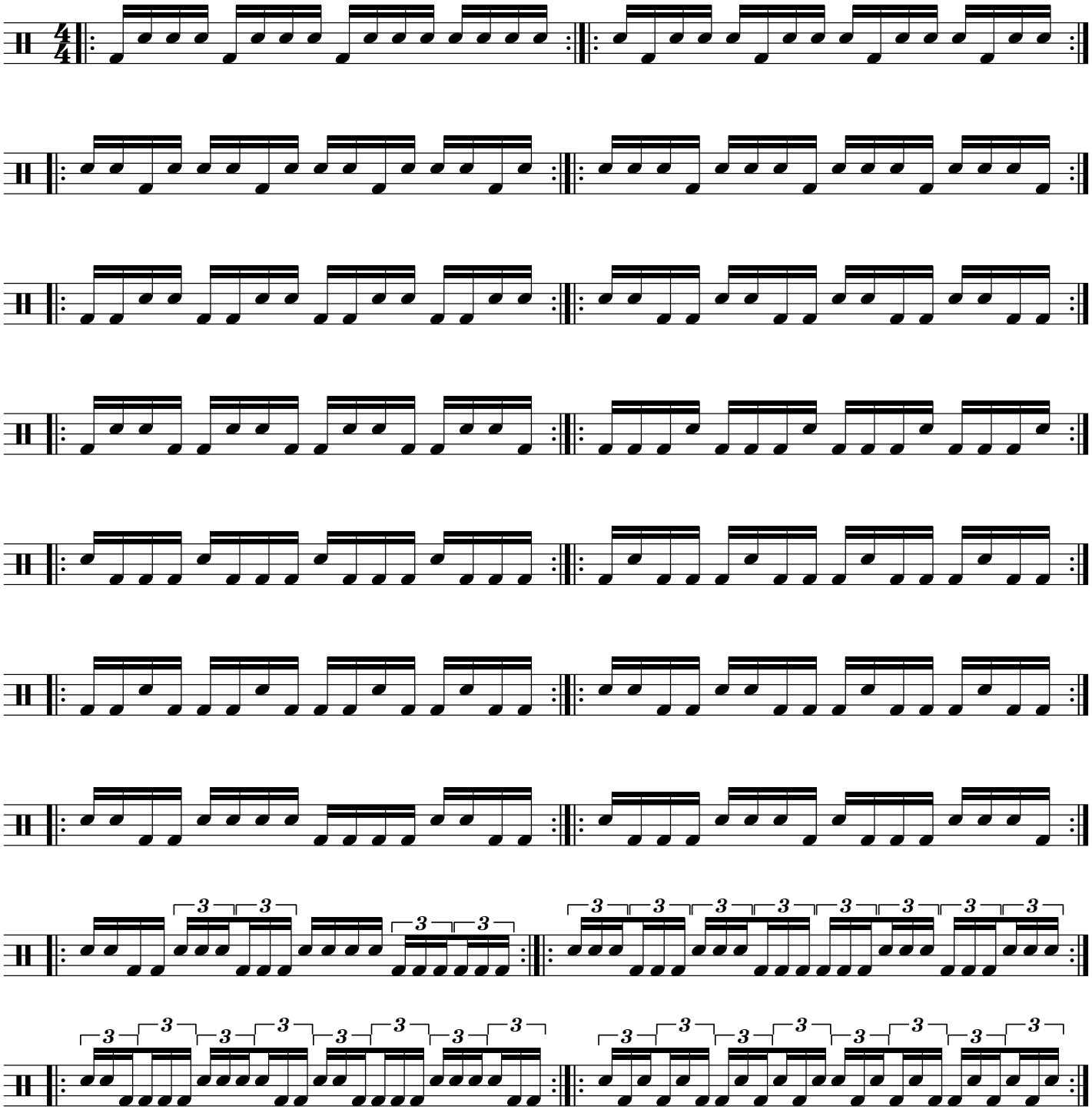Kick Workout