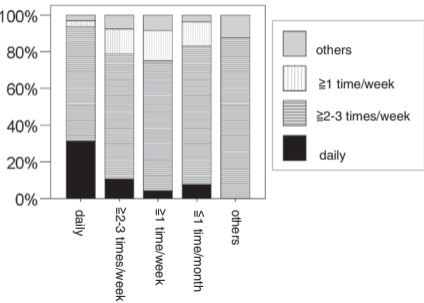


\* exercise recommendation  
(frequencies)



exercise recommendation  
(intensities)

