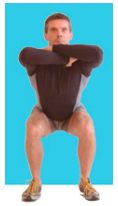
NETFIT FITNESS TEST - AIM TO REPEAT THE TEST EVERY 4 - 6 WEEKS TO TRACK YOUR PROGRESS

TEST	W1	2	3	4	5	6	7	8	TEST	1	2	3	4	5	6	7	8