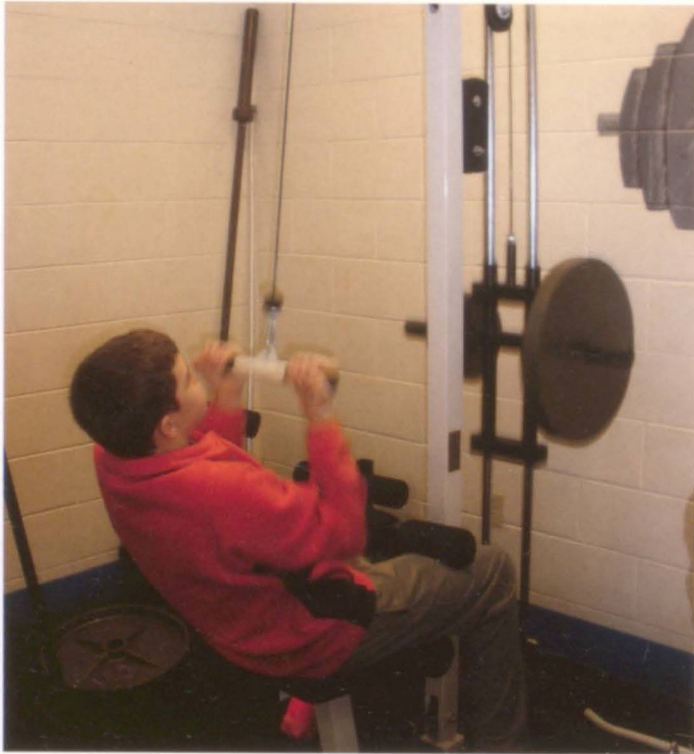


# GET PHYSICAL



*\*Hold Steady\** Tyler Johnson tries to keep his perfect form as he pulls down on the lat machine.



*\*Pure Strength\** Colton Swanchara and Hunter Swanchara show the results of their tough workouts.



*\*Spot Me\** Nicholas Burlingame takes on the important job of spotting for the high weight bench press workout.



*\*Worn Out\** After an intense workout, Bailey Felton is spent.