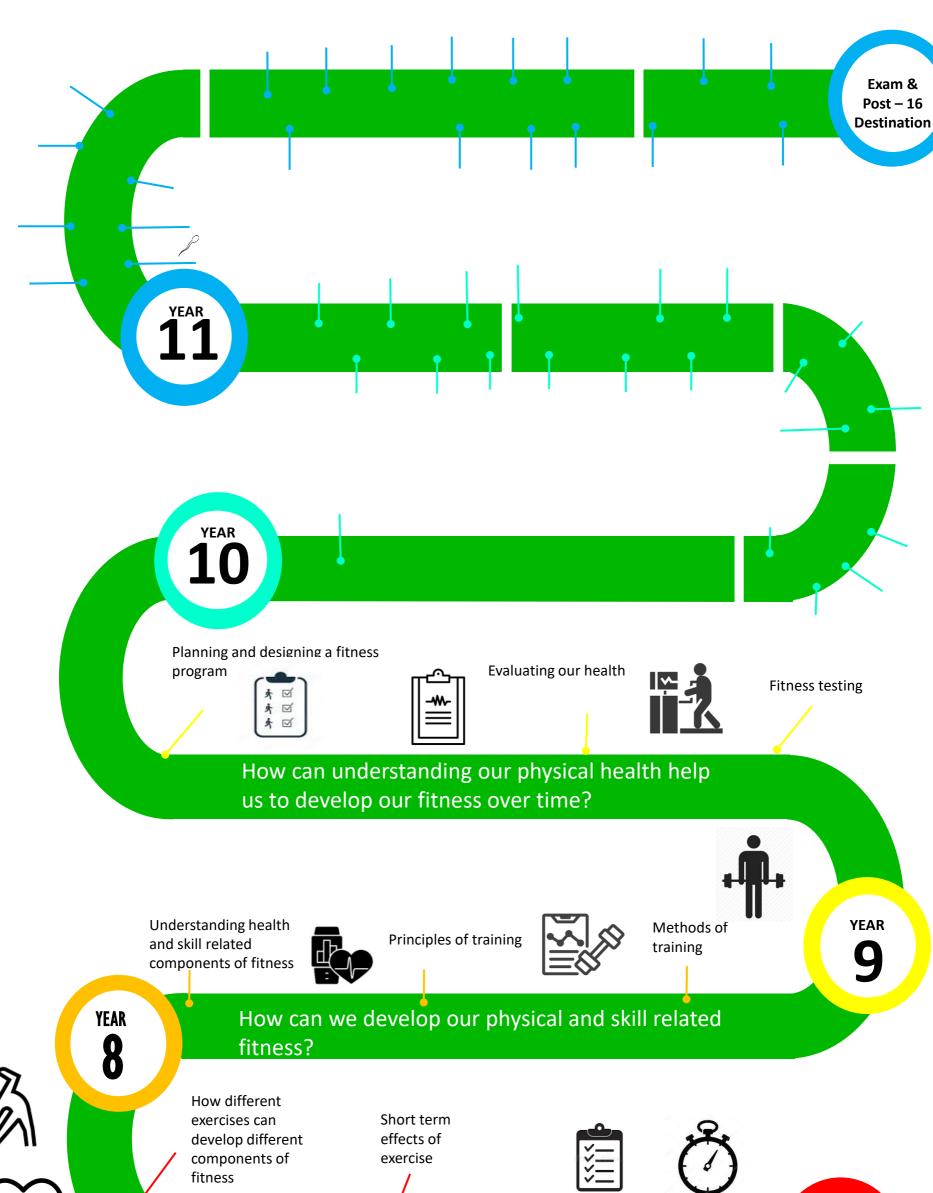
Invasion Games













Components of fitness



improve fitness overtime?

How does safe and effective exercise



setting



