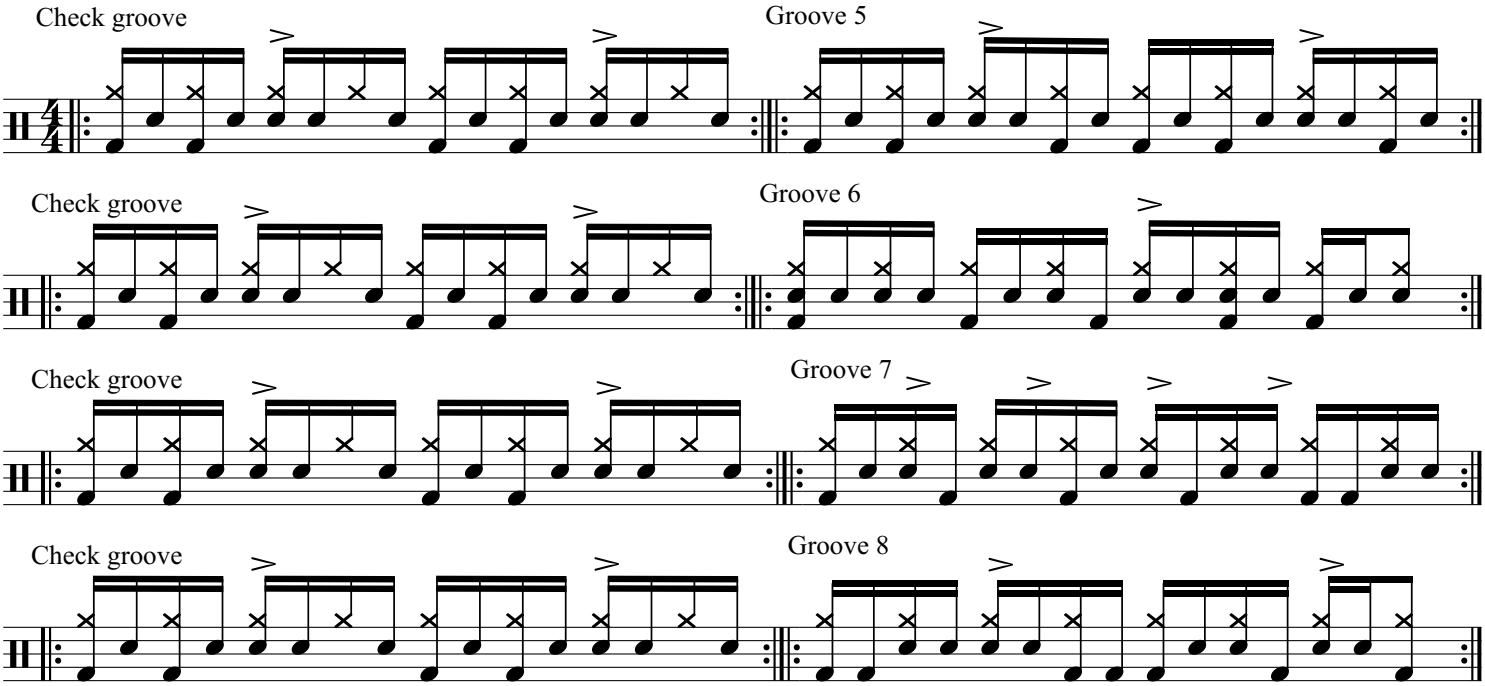
Ghost of a Workout Pt.2

#543

Focus on

1. Dynamics
2. Consistency
3. Groove