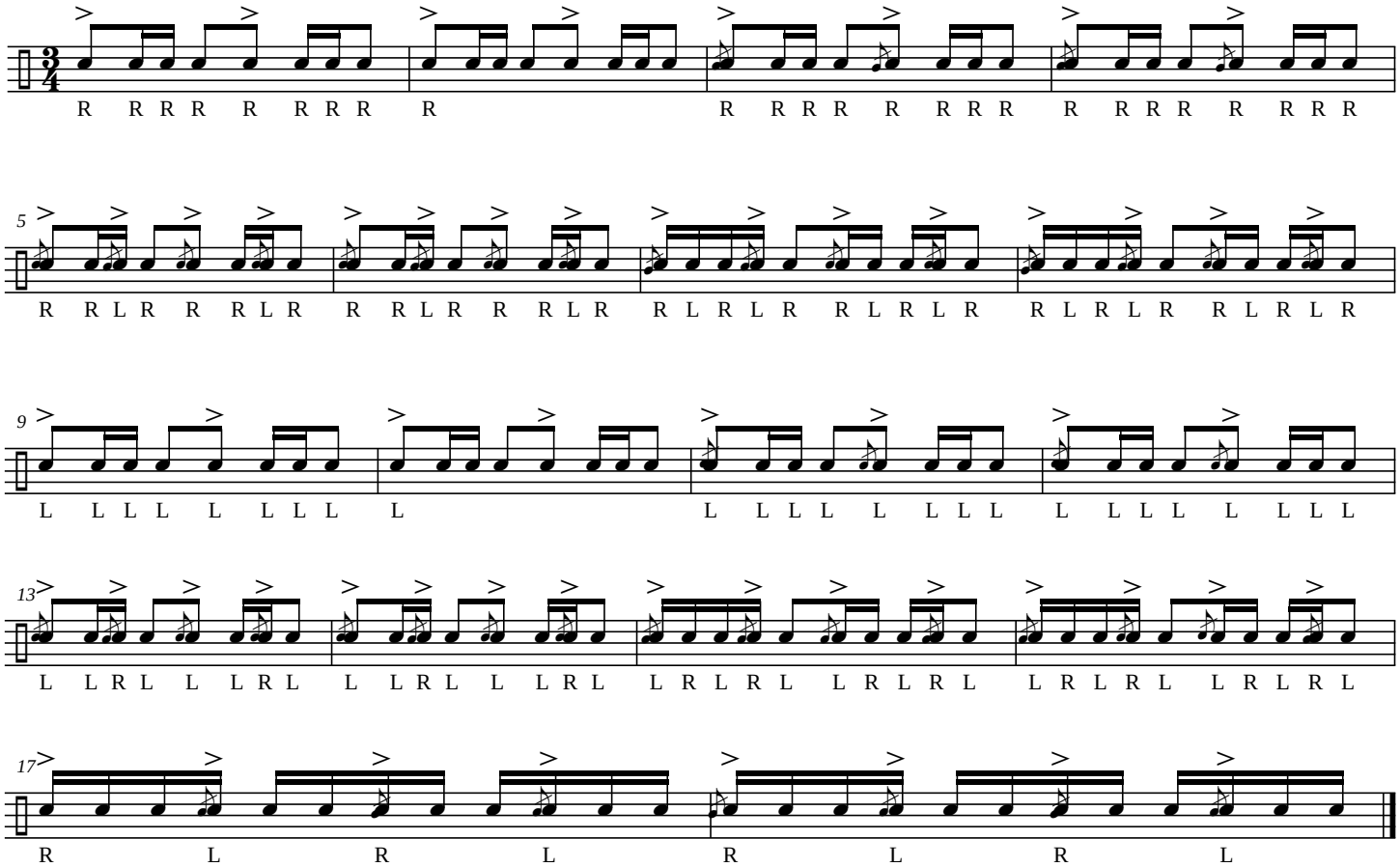
Flam Accent Workout

By Bret Kuhn