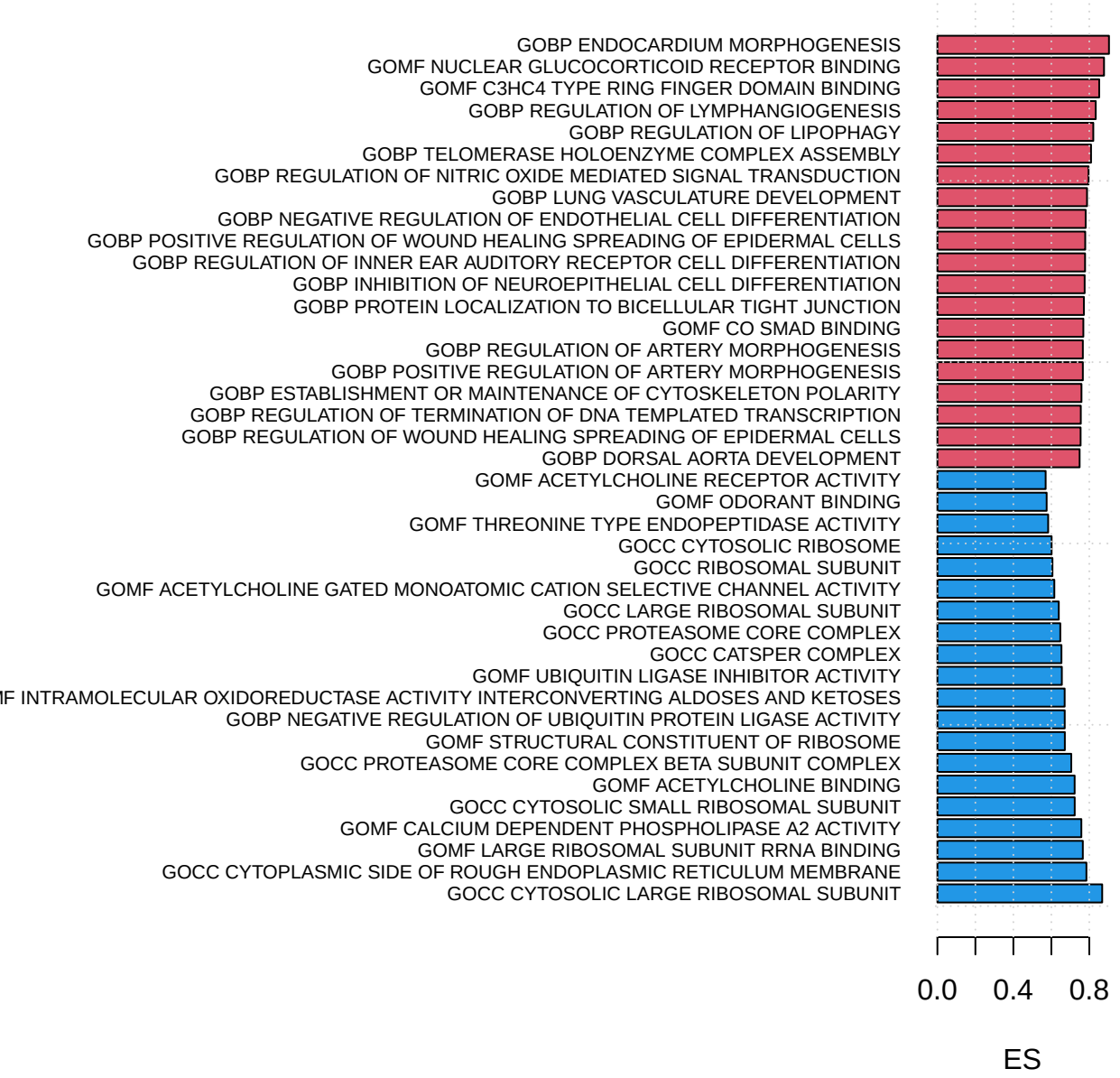Pre vs Post Exercise