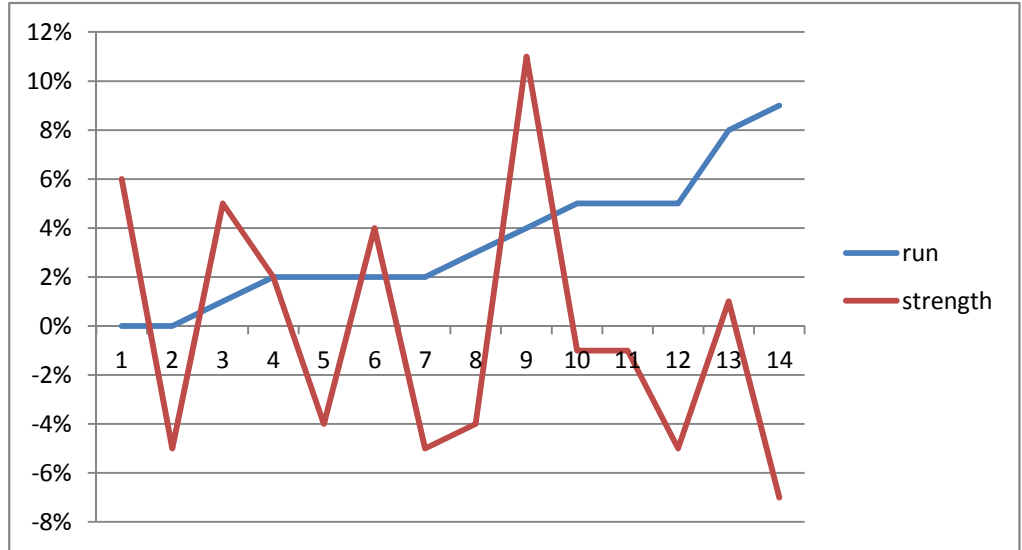


## Improvements in Strength vs Running

run	strength
0%	6%
0%	-5%
1%	5%
2%	2%
2%	-4%
2%	4%
2%	-5%
3%	-4%
4%	11%
5%	-1%
5%	-1%
5%	-5%
8%	1%
9%	-7%



run	strength
9%	-7%
0%	-5%
2%	-5%
5%	-5%
2%	-4%
3%	-4%
5%	-1%
5%	-1%
8%	1%
2%	2%
2%	4%
1%	5%
0%	6%
4%	11%

