

A woman in a black sports bra and shorts is performing a squat with a barbell. She is in a low squat position, with her back to the camera and her arms extended upwards holding the barbell. The background is a gym with a blurred crowd of people. The lighting is dramatic, highlighting her muscles.

Do you want to achieve
120% of each workout?
Try a tanning bed!

Management of vitamin D
deficiency improves muscle
strength by up to 20%.