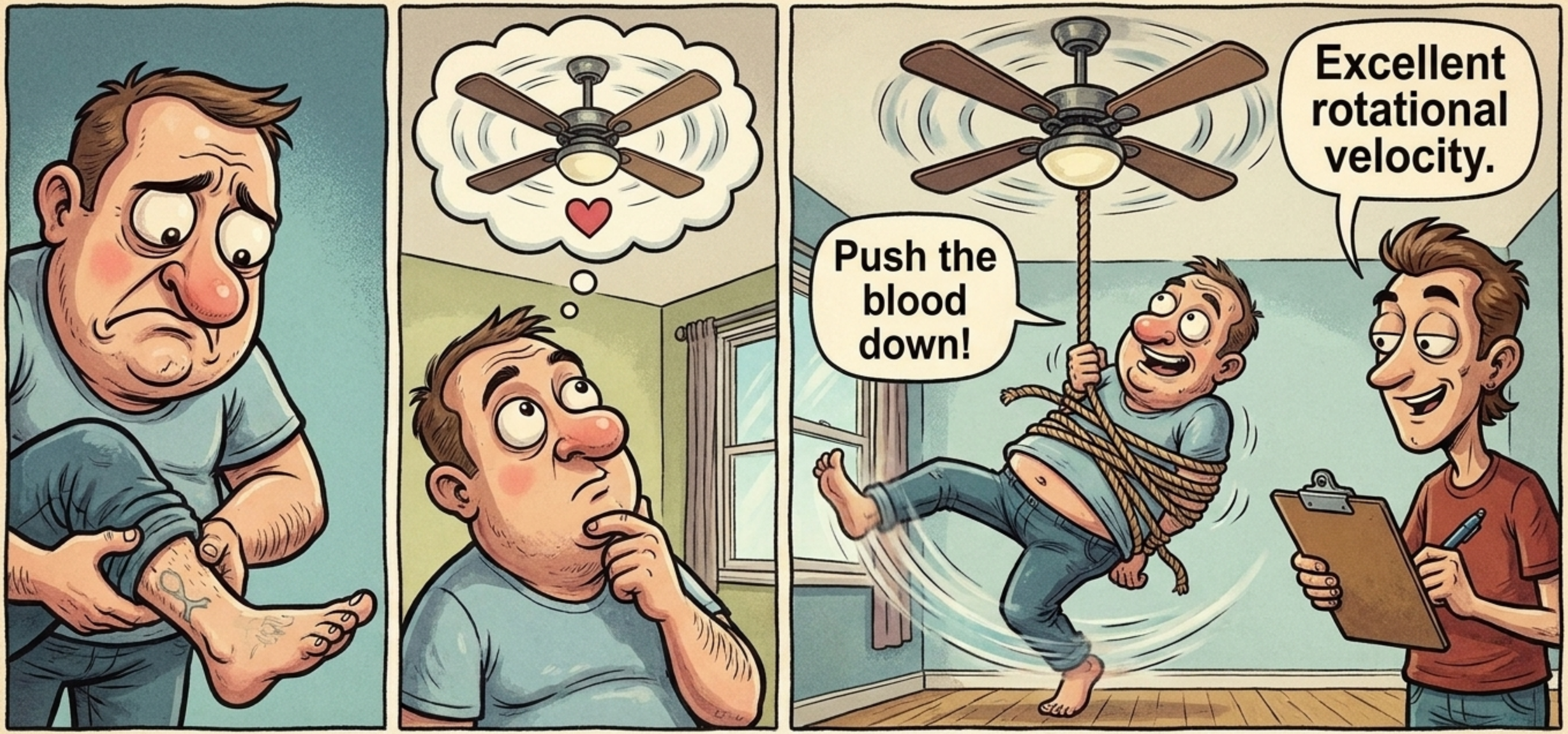

Tattoos located on extremities fade at a slower rate due to reduced blood circulation at distances further from the heart.

Centrifugal force serves as an alternative cardio regimen.