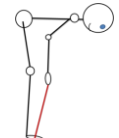
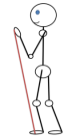
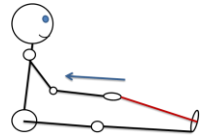
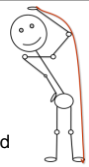
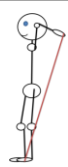

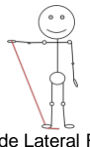
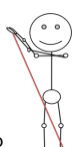
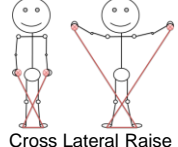
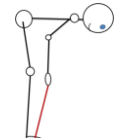
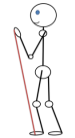
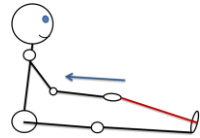
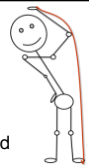
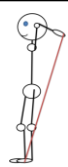
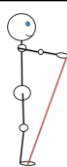
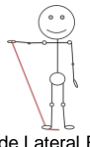
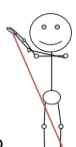
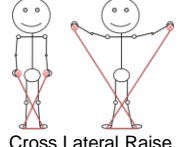


# Tic-Tac-Toe

 Bent Over Row	 Bicep Curl	 Seated Row
 Side Bend	 Tricep Extension	 Front Raise
 Side Lateral Raise	 Chop	 Cross Lateral Raise

## Resistance Bands

# Tic-Tac-Toe

 Bent Over Row	 Bicep Curl	 Seated Row
 Side Bend	 Tricep Extension	 Front Raise
 Side Lateral Raise	 Chop	 Cross Lateral Raise

## Resistance Bands