

## Two by Two Resistance Bands

You and		Complete Bent Over Row 
You and		Complete Bicep Curl 
You and		Complete Tricep Kickback 
You and		Jog and Touch 3 walls
You and		Complete Chop 
You and		Complete Seated Row 
You and		Complete Front Raise 
You and		Jog around the outside of the cones 

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