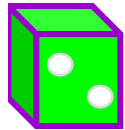
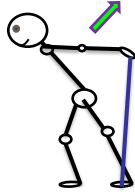
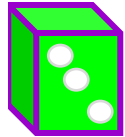
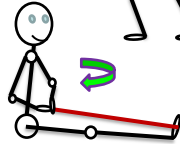


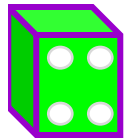
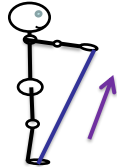
TRICEP
KICKBACK
10 repetitions



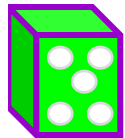
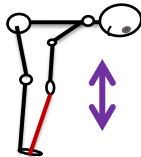
TRUNK
TWIST



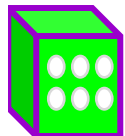
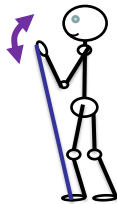
FRONT
RAISE



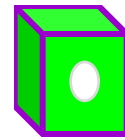
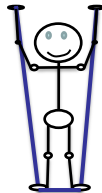
BENT OVER ROW



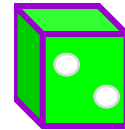
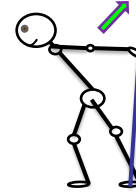
BICEP
CURL



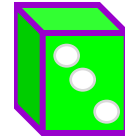
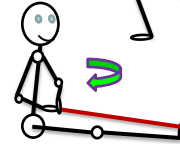
OVERHEAD PRESS



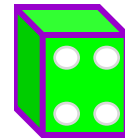
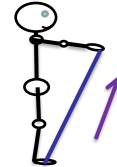
TRICEP
KICKBACK
10 repetitions



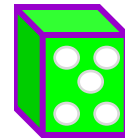
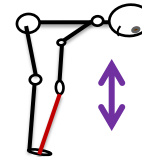
TRUNK
TWIST



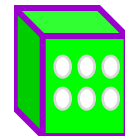
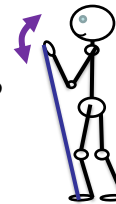
FRONT
RAISE



BENT OVER ROW



BICEP
CURL



OVERHEAD PRESS

