

UPPER BODY

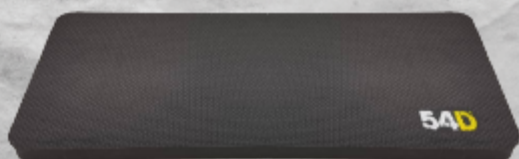
ITEMS LIST



DUMBBELLS
MEN: 15LB & 20LB
WOMEN: 10LB



RESISTANCE BANDS
MEDIUM AND HEAVY



KNEE MAT

YOU ARE READY!

