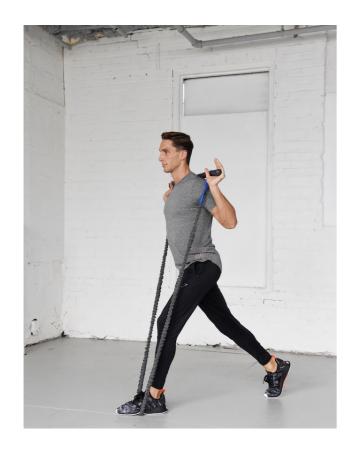
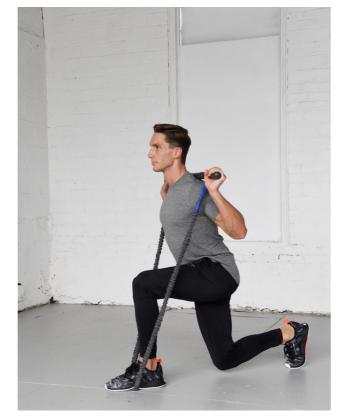
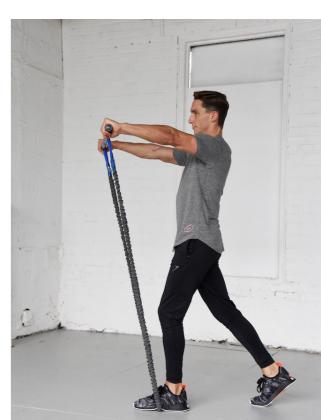
SPLIT SQUATS



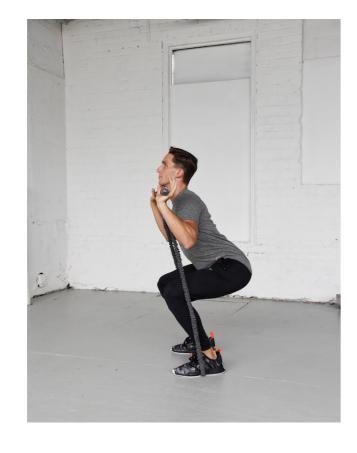


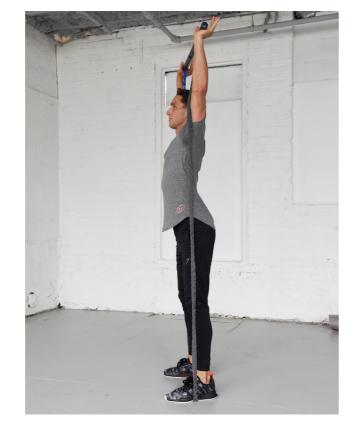
STRAIGHT ARM RAISE



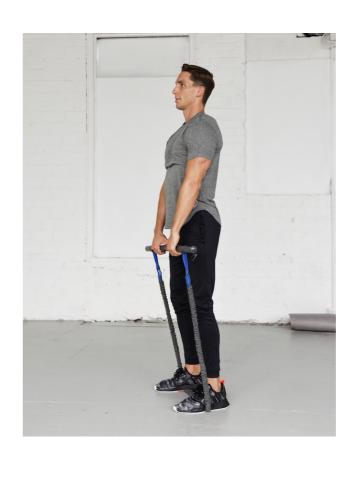


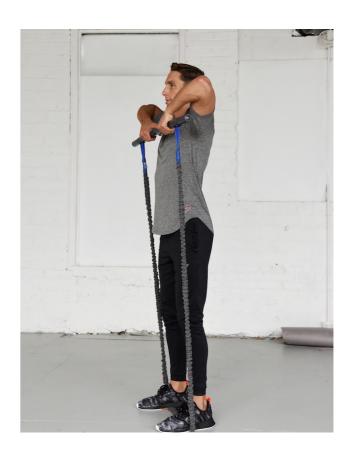
SQUAT TO OVERHEAD PRESS



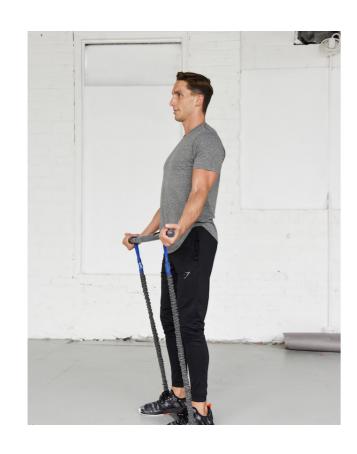


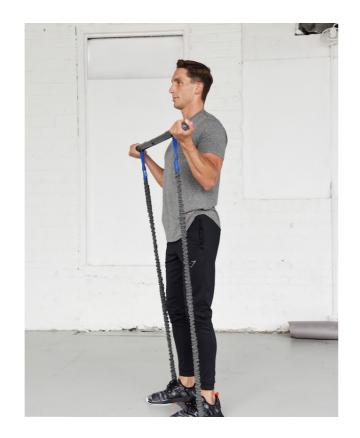
UPRIGHT ROW



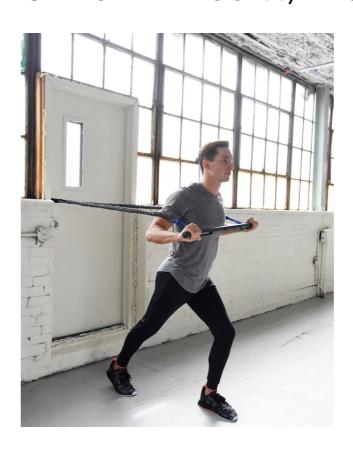


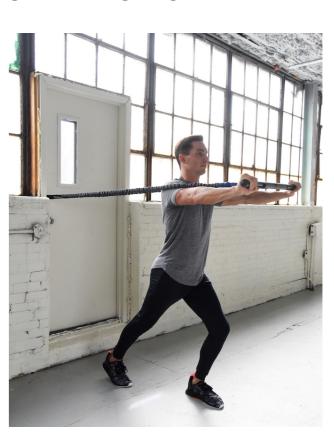
BICEP CURL



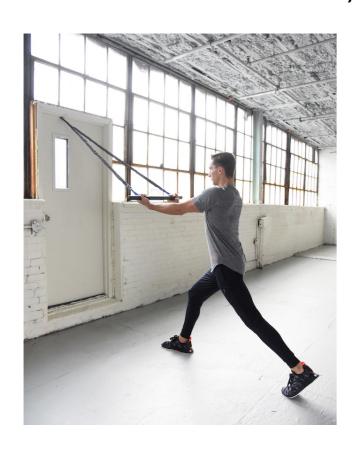


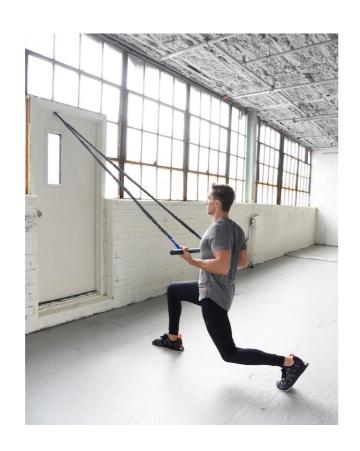
CHEST PRESS W/ DOOR ANCHOR



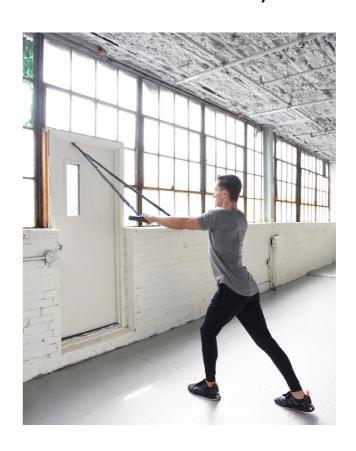


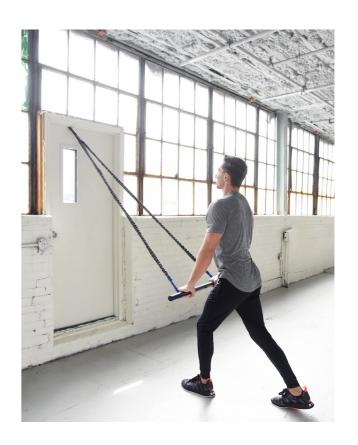
LAT PULL LUNGE W/ DOOR ANCHOR





PULLDOWN W/ DOOR ANCHOR





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