

SPLIT SQUATS



STRAIGHT ARM RAISE



SQUAT TO OVERHEAD PRESS



UPRIGHT ROW



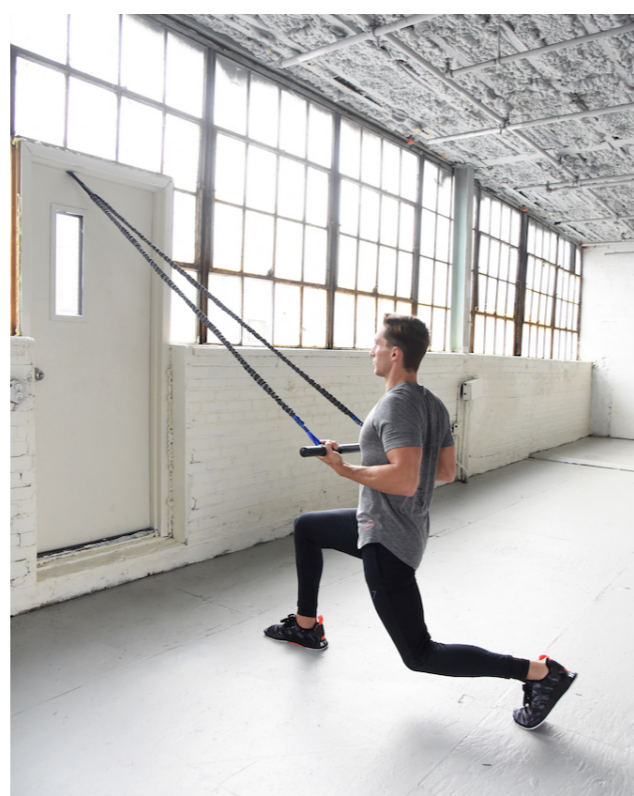
BICEP CURL



CHEST PRESS W/ DOOR ANCHOR



LAT PULL LUNGE W/ DOOR ANCHOR



PULLDOWN W/ DOOR ANCHOR

