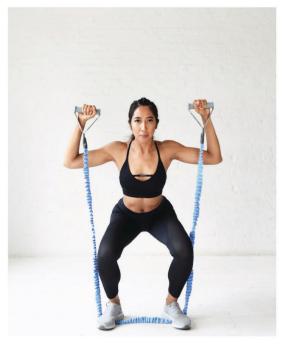
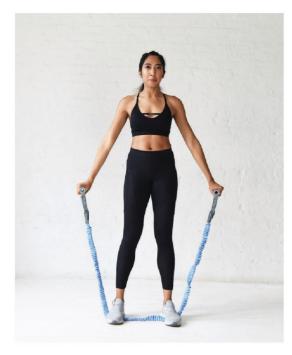
SMART TONER®

SQUATS



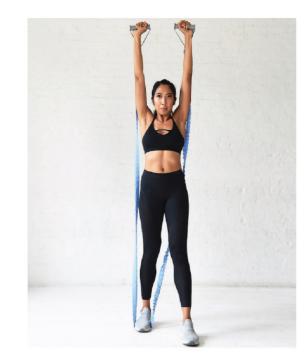


LATERAL RAISE

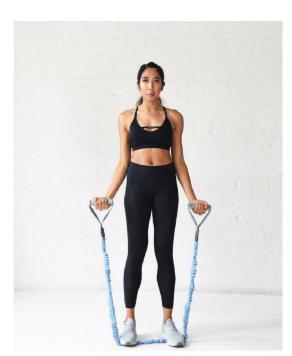


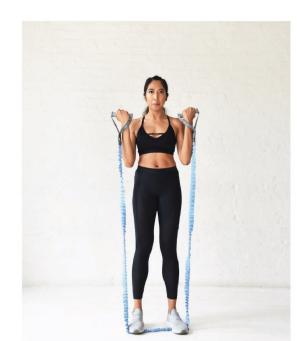
OVERHEAD PRESS



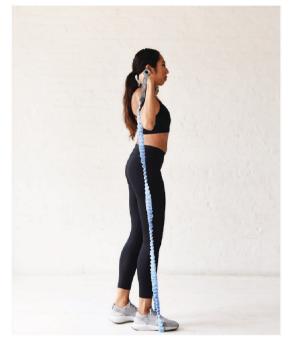


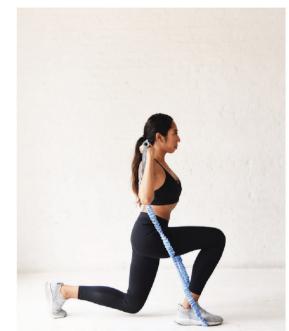
BICEP CURL





REVERSE LUNGE



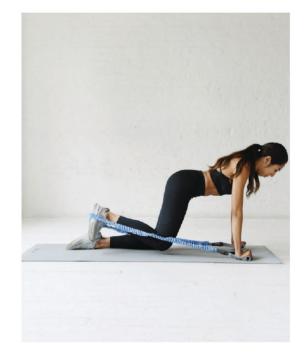


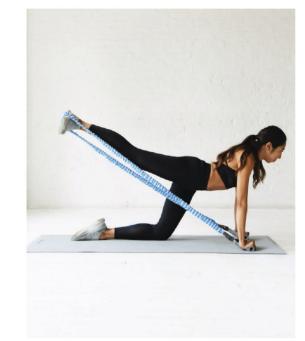
UPRIGHT ROW





BACK LEG EXTENSIONS





DIAGONAL CHOP (door anchor)





CHEST PRESS (door anchor)





STANDING ROW (door anchor)



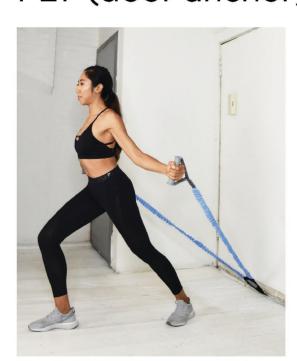


BICEP CURL (door anchor)





FLY (door anchor)





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Always consult with your physician before participating in any physical acitivity.

Always begin a workout program with a lower weight/resistance and work your way up.