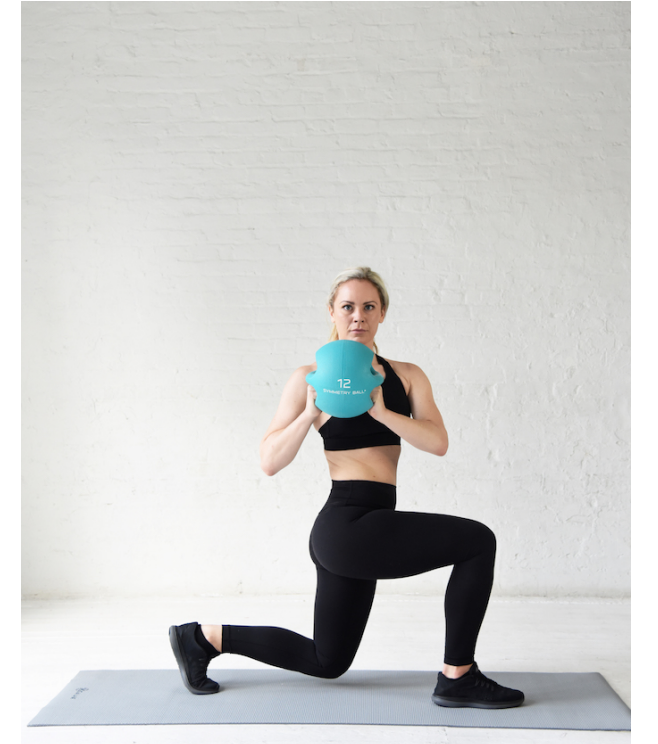


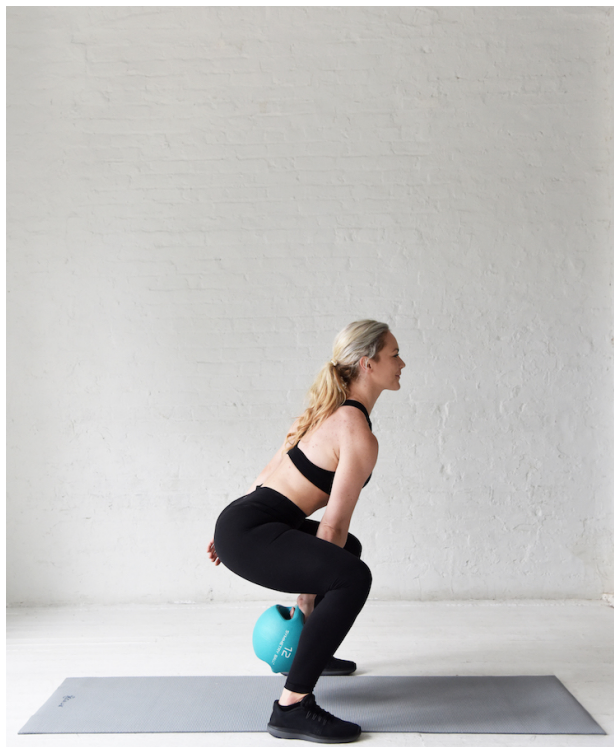
WEIGHTED SQUATS



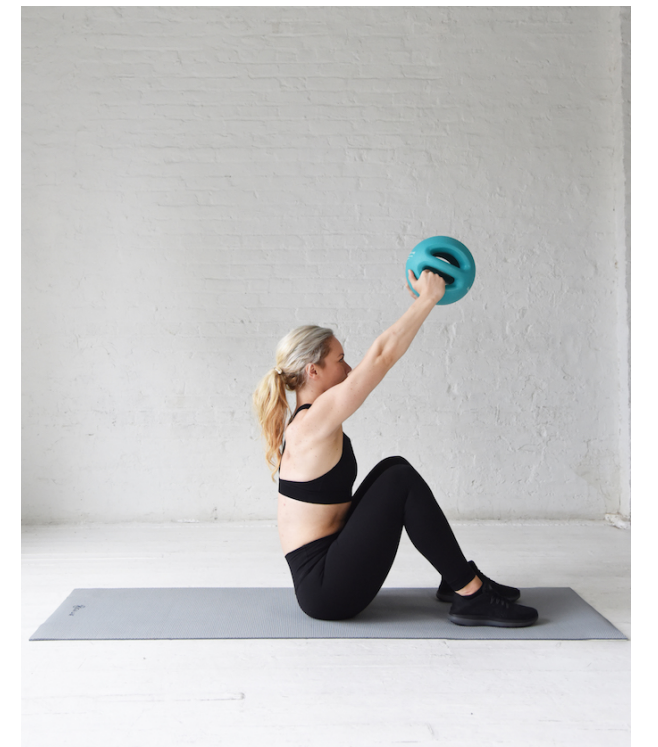
TWISTING LUNGE



SYMMETRY BALL SWING



WEIGHTED SIT-UP



WOODCHOP



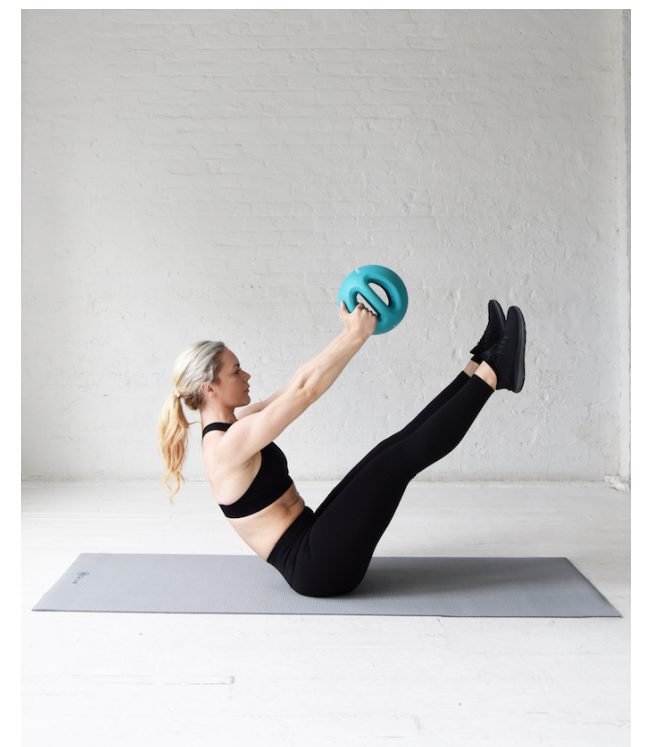
ONE ARM OVERHEAD PRESS



WEIGHTED LEG RAISE



WEIGHTED V-UP



TRICEPS EXTENSION



Visit www.smartbody.com for more information

LIVE WELL.
MOVE BETTER.™

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

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