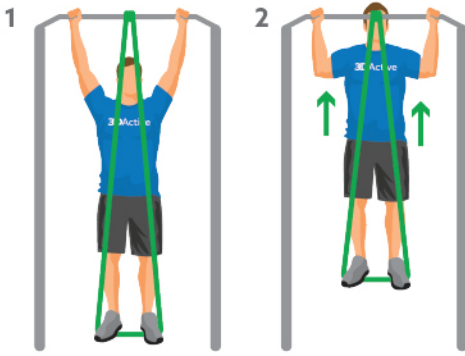
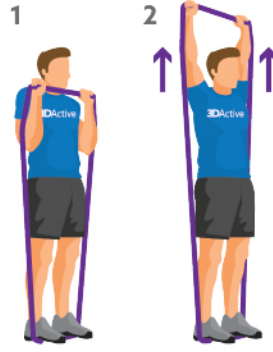


## ARMS

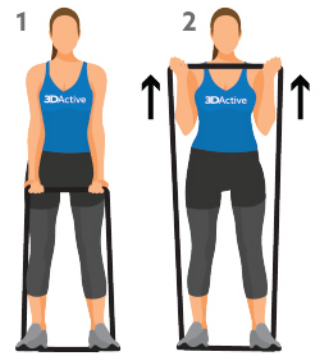
### ASSISTED PULL UPS



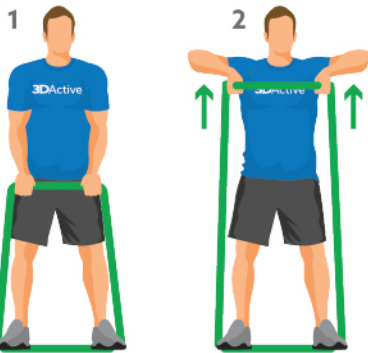
### SHOULDER PRESS



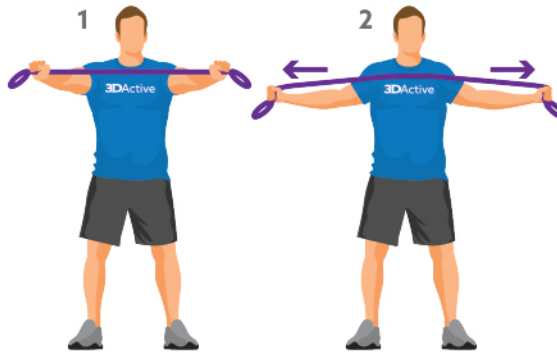
### BICEPS CURLS



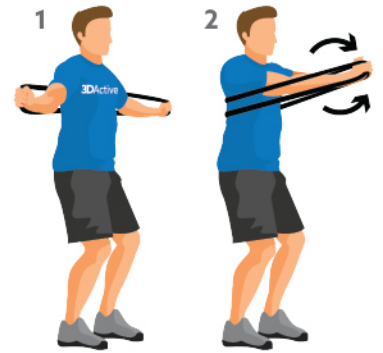
### UPRIGHT ROW



### PULL APARTS

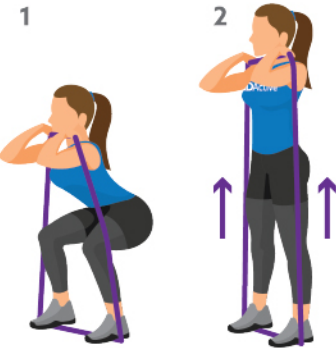


### CHEST FLY

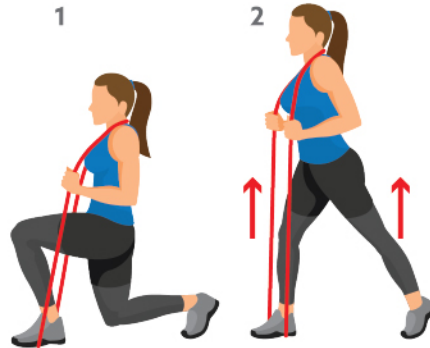


## LEGS

### SQUATS

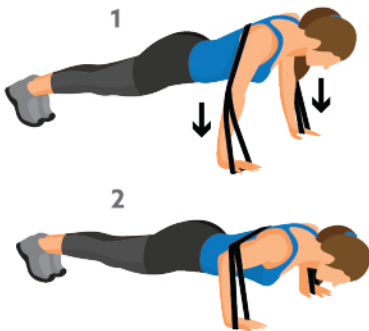


### SPLIT LUNGES

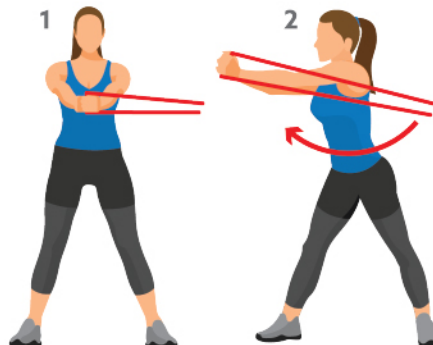


## CORE

### PUSH UPS



### ROTATIONS



## ! SAFETY WARNING

The exercises described in the Exercise Guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

## CUSTOMER SUPPORT

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