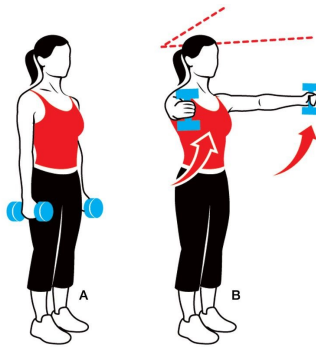


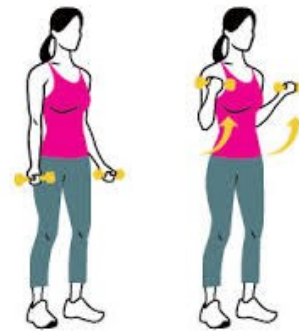
Body Weight Exercises

Upper Body

Lateral Raise



Bicep Curl



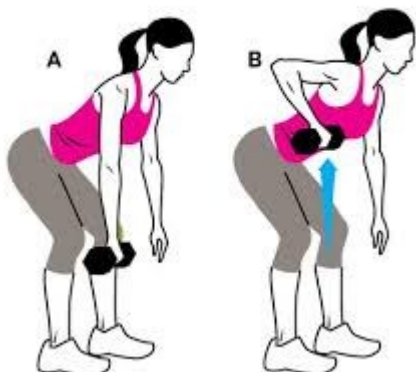
Chest Press



Shoulder Press



Single Arm Bent-Over Row



Overhead Triceps Extension

