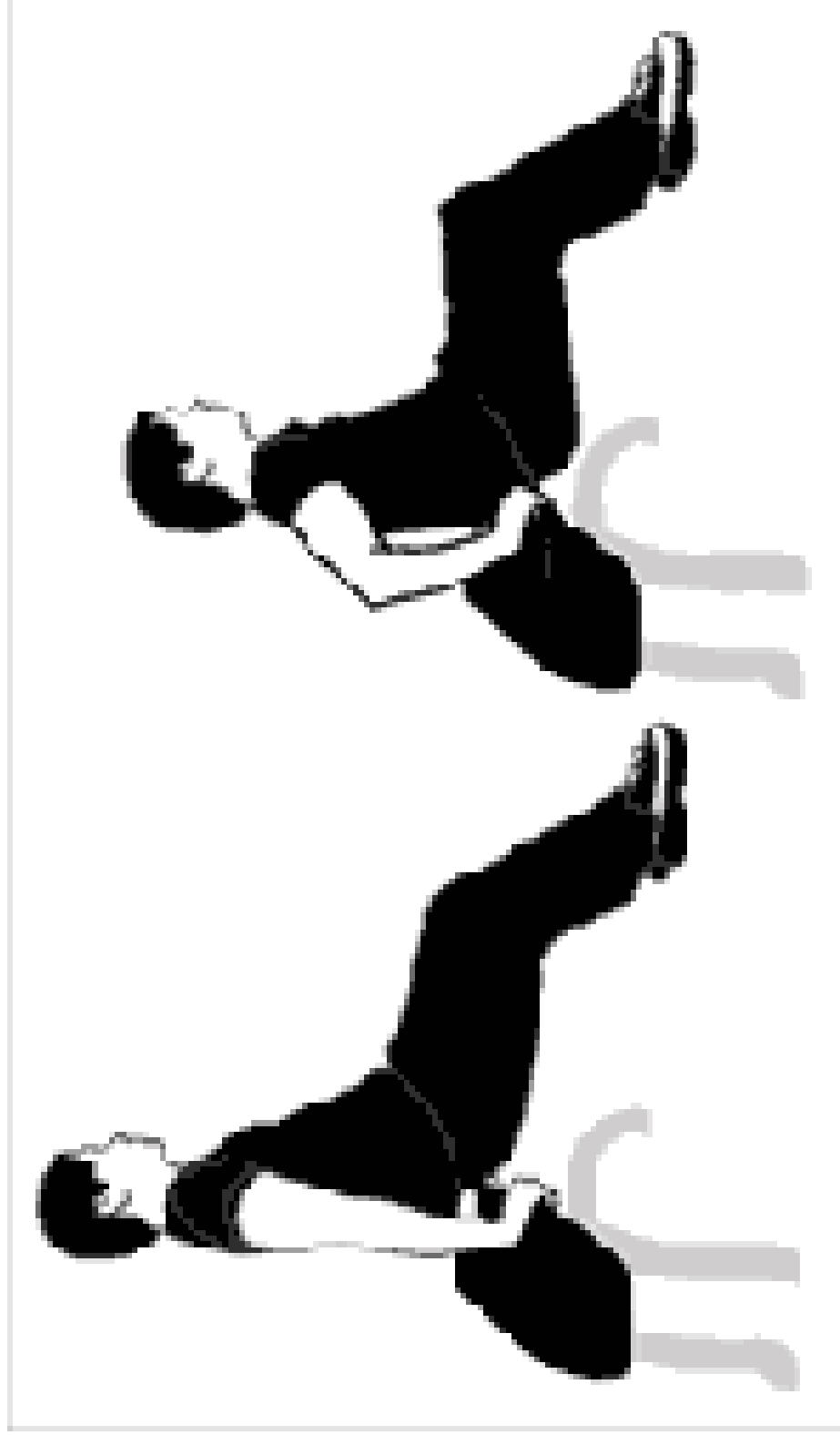
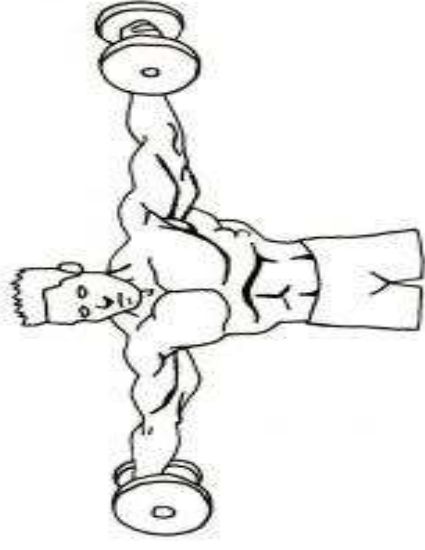
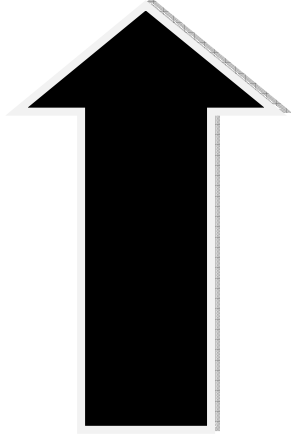
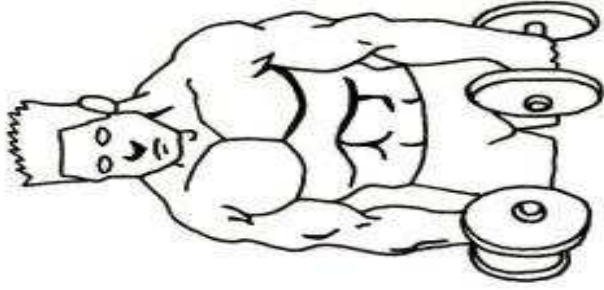


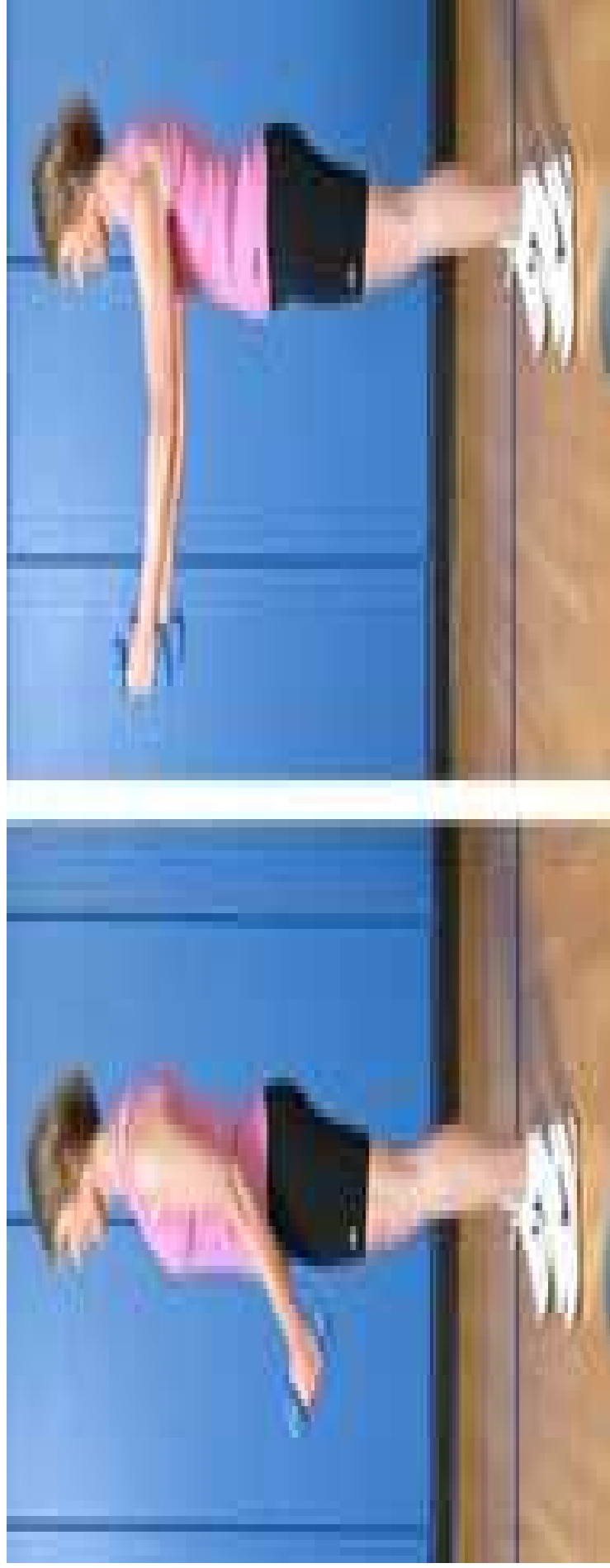
BICEP CURLS (biceps)



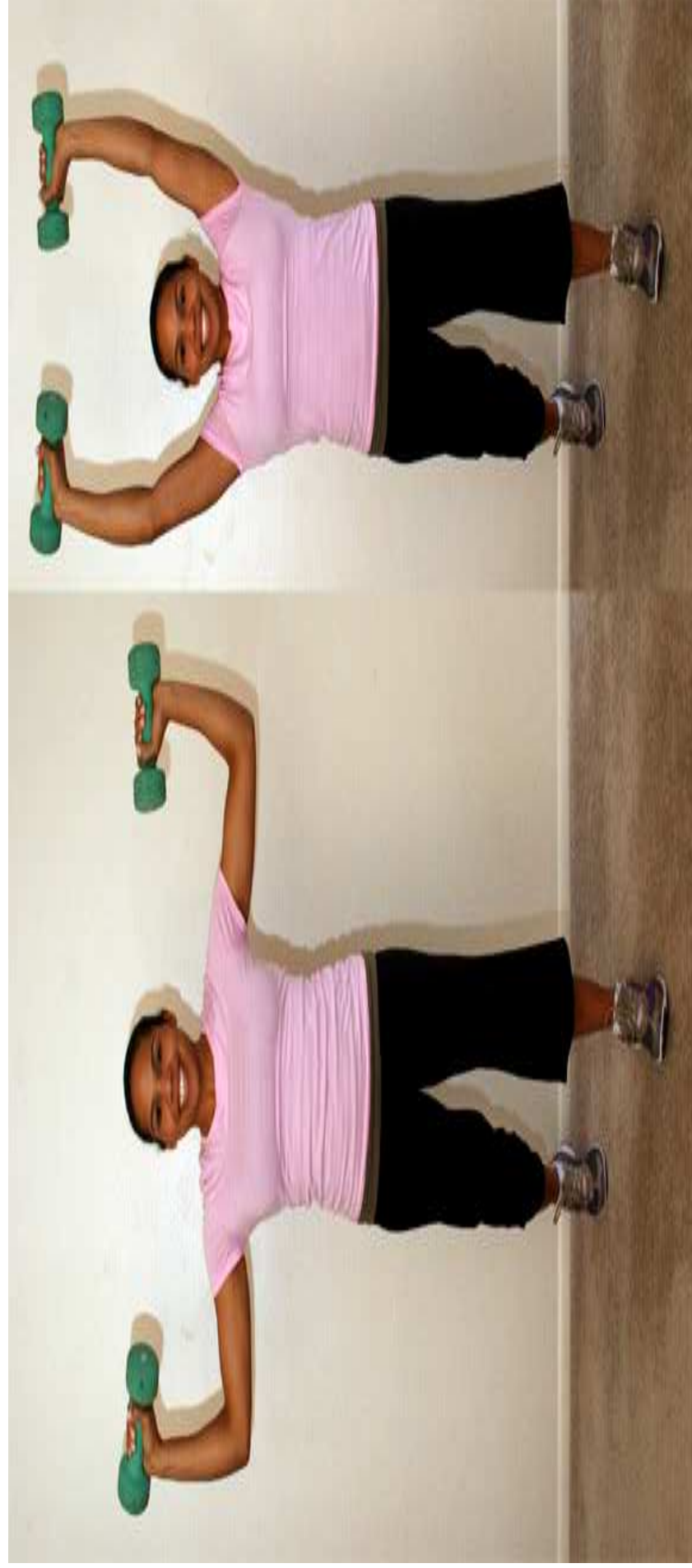
Triceps Dip (triceps)



Lateral raises (shoulders)



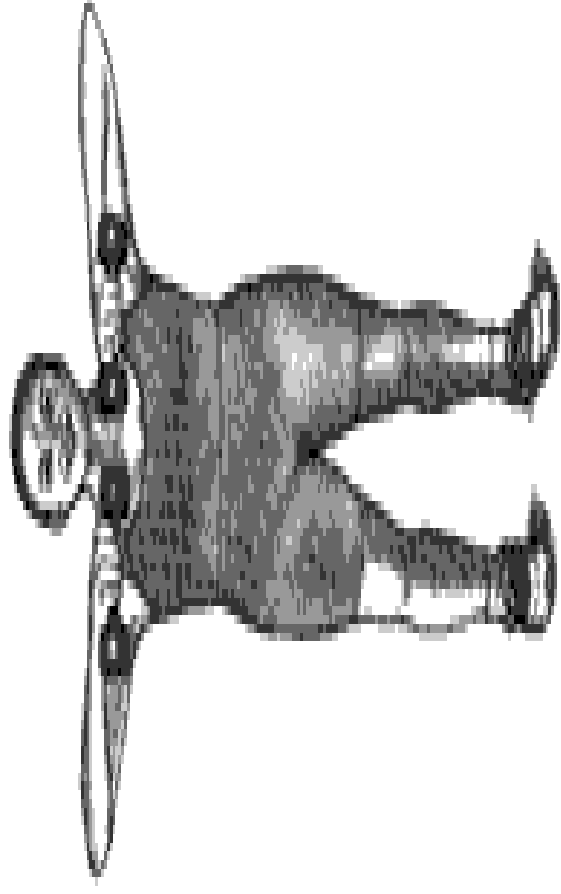
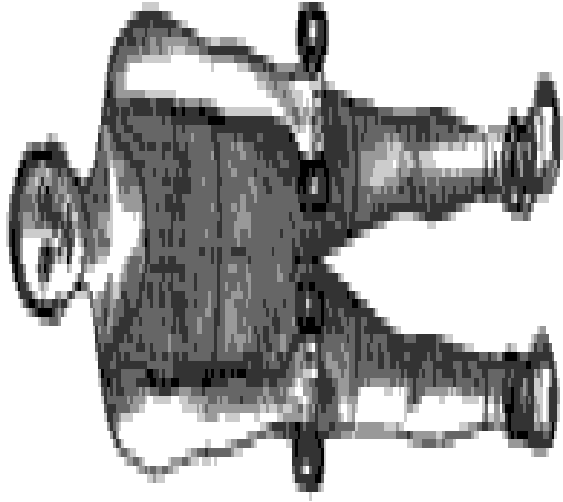
Front Raises (shoulders)



Shoulder Press (shoulders)



Tug of War (full body)



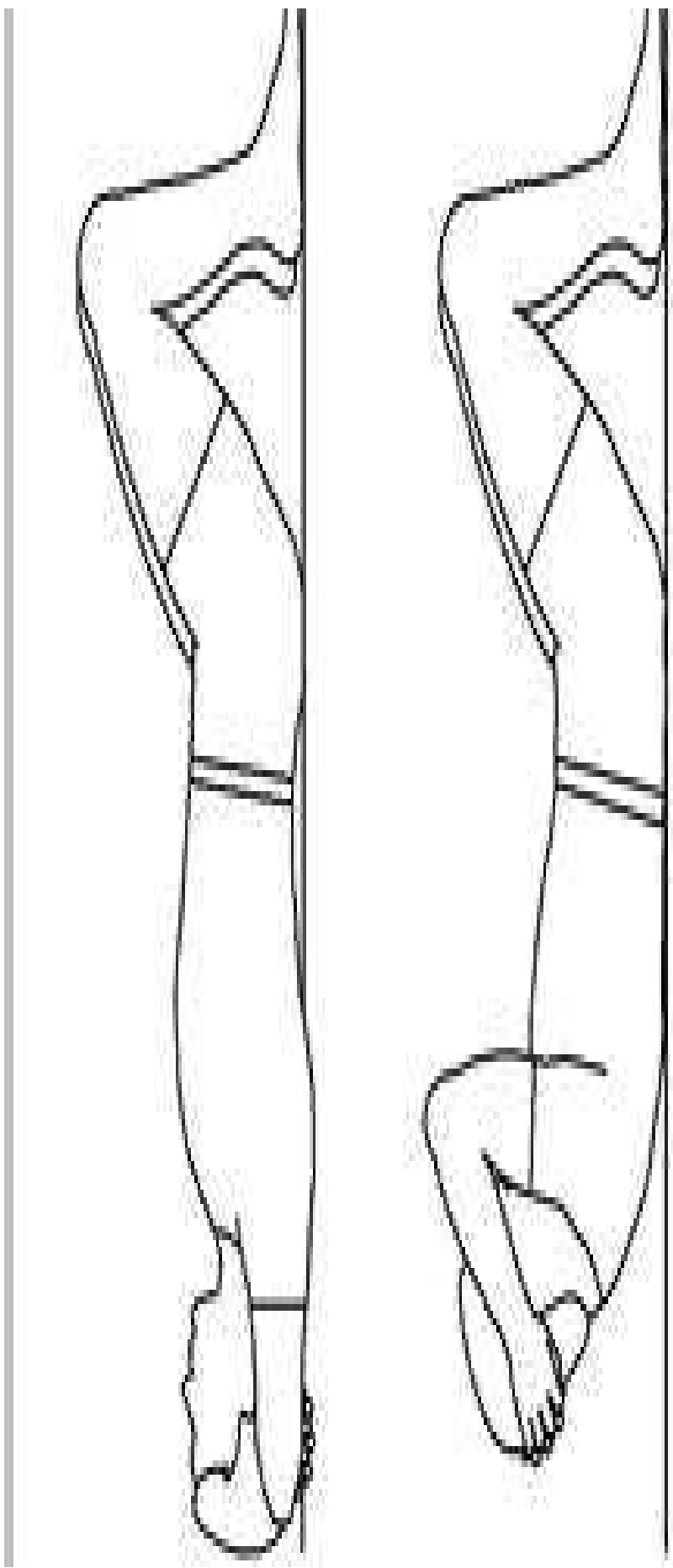
Double arm row



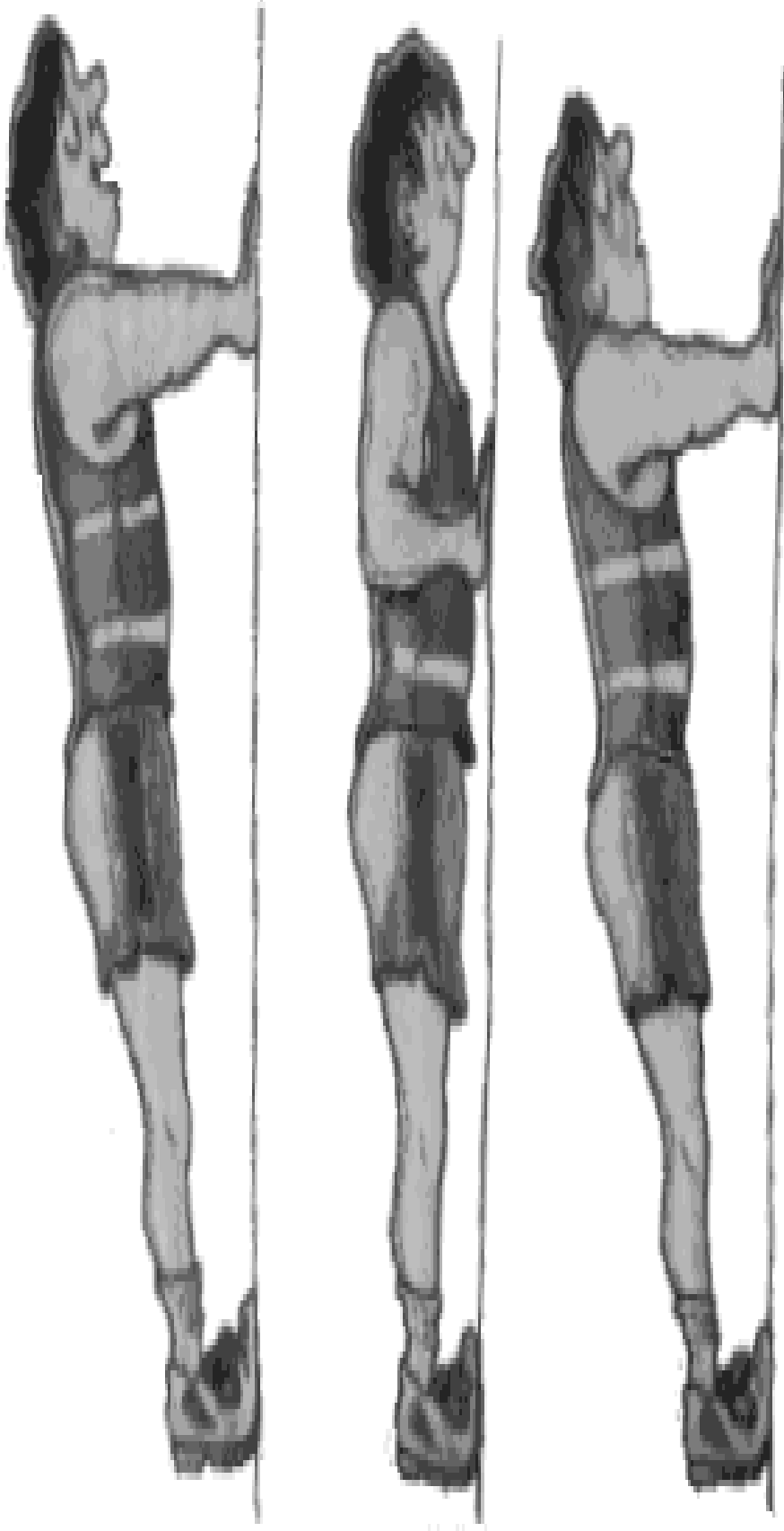
Plank (core)



Side Plank (core)



Crunches (abdominals)



Press Ups (upper body core)



Back Raises



Twist sit ups (sides)



Both Sides

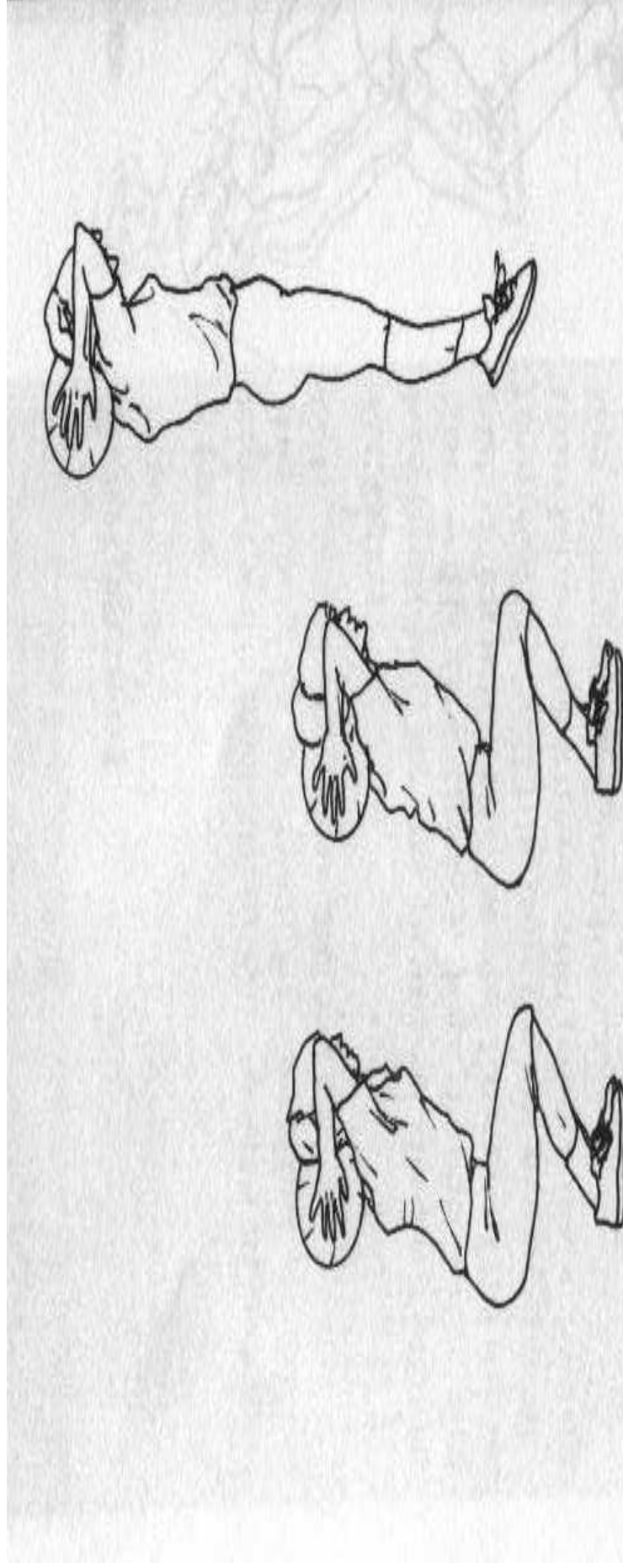
Left and Right



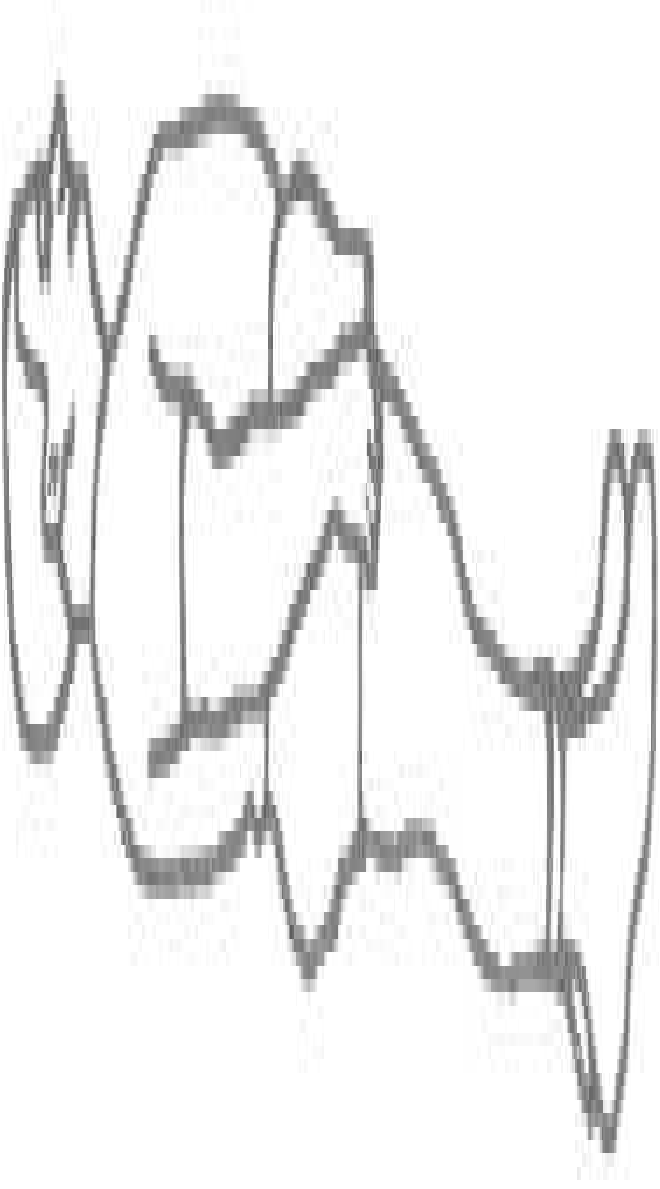
Sledgehammering (lats)



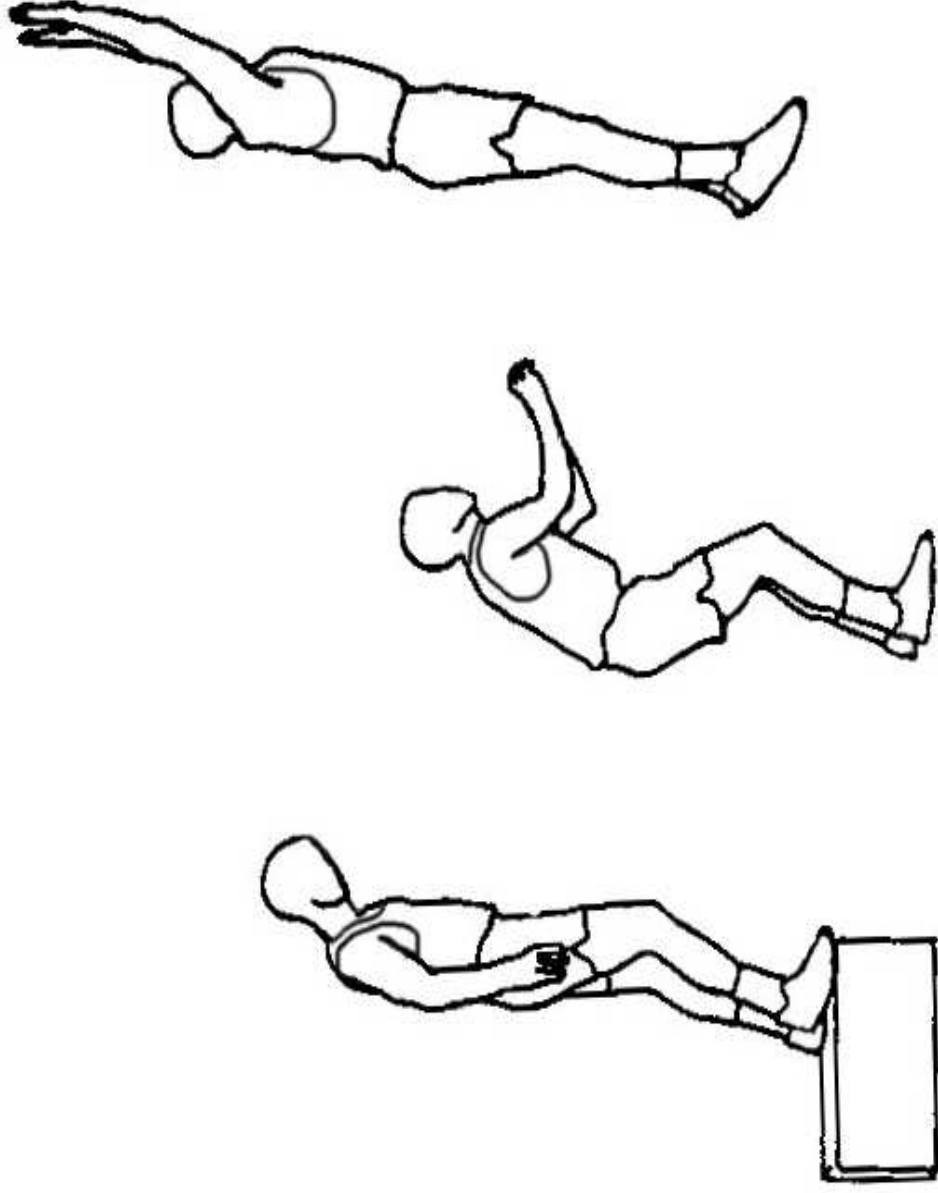
Single Leg Squat (quad/thigh)



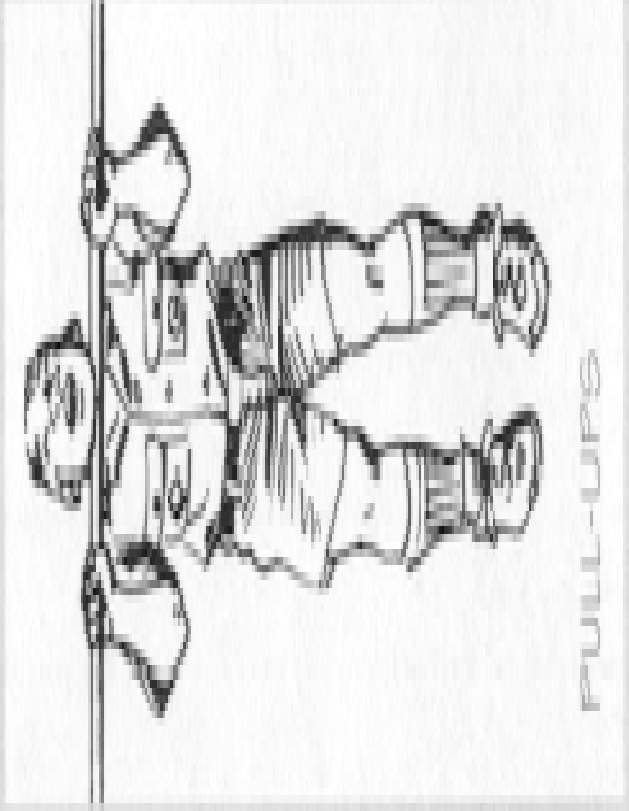
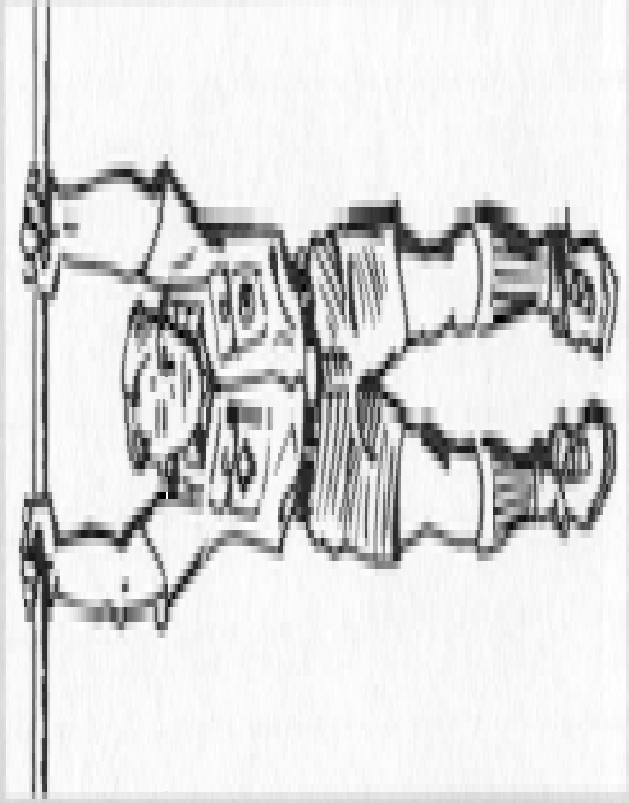
Power Squat (quad/thigh)



Calf Raises (calves)



Depth Jump



Pull Ups (arms+ chest)



Step Ups



Burpees

In and out run