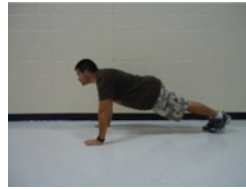
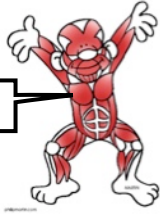


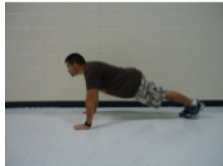
**3**  
**PUSHUPS**

Pectoralis Major



**4**  
**PUSHUPS**

Pectoralis Major



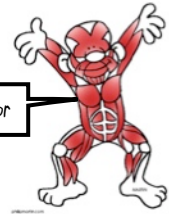
**5**  
**PUSHUPS**

Pectoralis Major



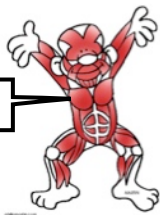
**6**  
**PUSHUPS**

Pectoralis Major



**7**  
**PUSHUPS**

Pectoralis Major



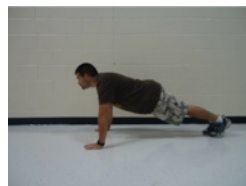
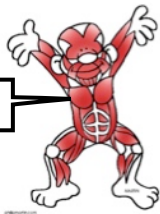
**8**  
**PUSHUPS**

Pectoralis Major



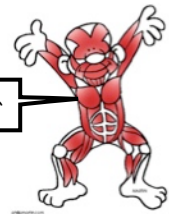
**9**  
**PUSHUPS**

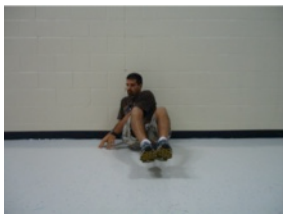
Pectoralis Major



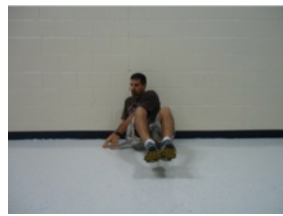
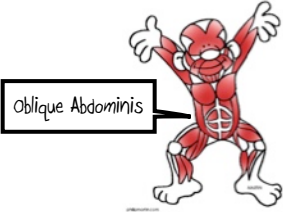
**10**  
**PUSHUPS**

Pectoralis Major

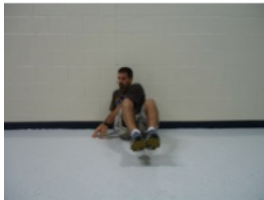
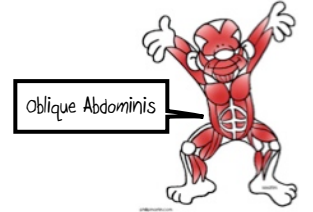




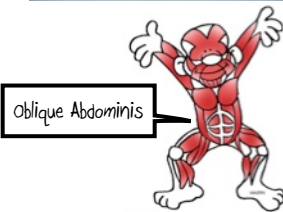
14  
FLOOR TAPS



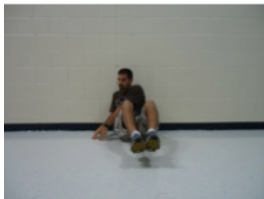
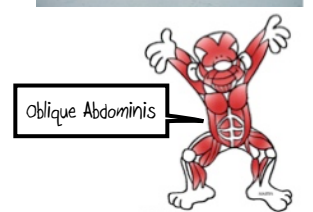
16  
FLOOR TAPS



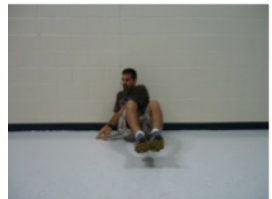
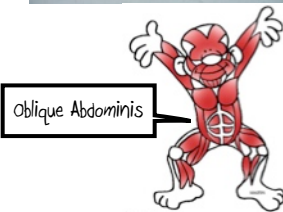
18  
FLOOR TAPS



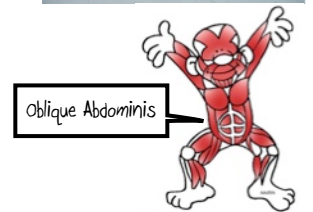
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FLOOR TAPS



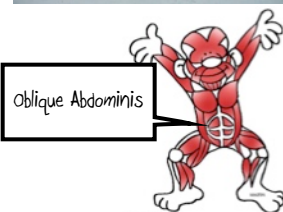
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FLOOR TAPS



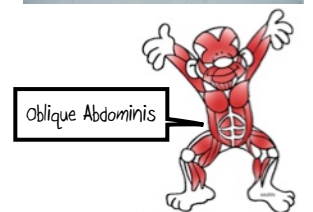
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FLOOR TAPS

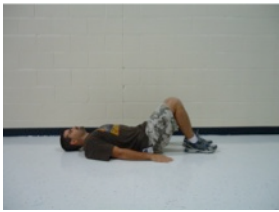


24  
FLOOR TAPS



26  
FLOOR TAPS

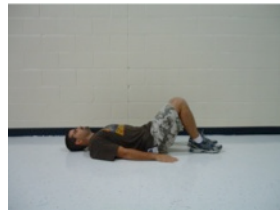
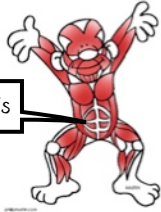




3

CURL-UPS

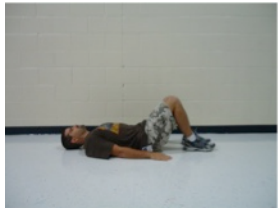
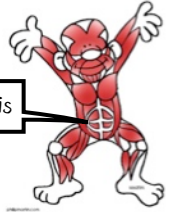
Rectus Abdominis



4

CURL-UPS

Rectus Abdominis



5

CURL-UPS

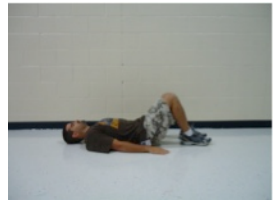
Rectus Abdominis



6

CURL-UPS

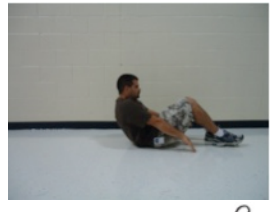
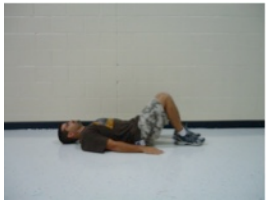
Rectus Abdominis



7

CURL-UPS

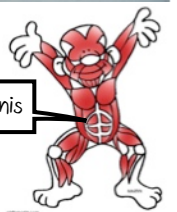
Rectus Abdominis



8

CURL-UPS

Rectus Abdominis



9

CURL-UPS

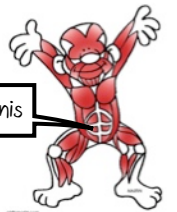
Rectus Abdominis

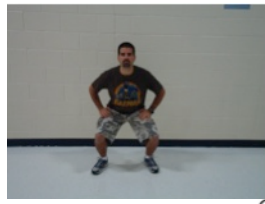


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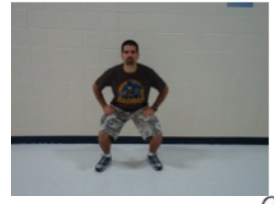
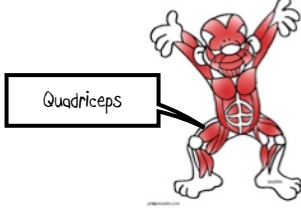
CURL-UPS

Rectus Abdominis

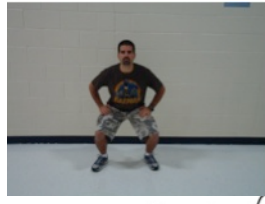
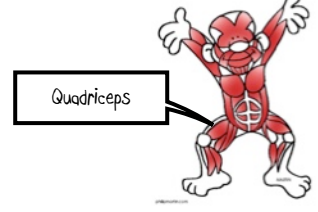




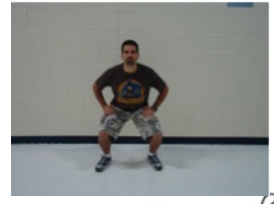
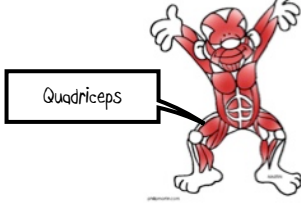
15  
SQUATS



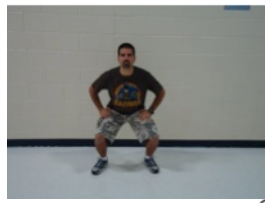
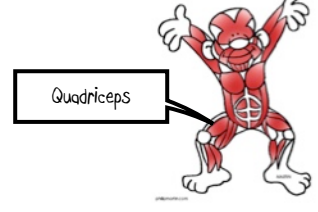
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SQUATS



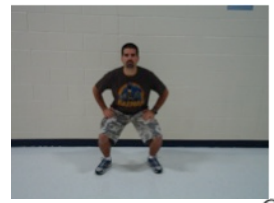
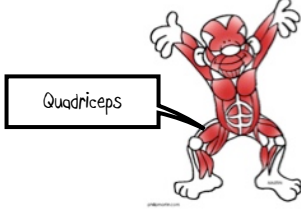
17  
SQUATS



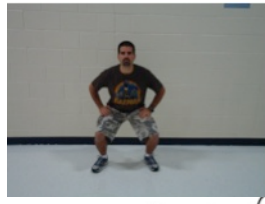
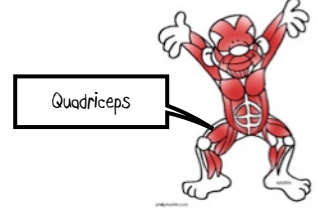
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SQUATS



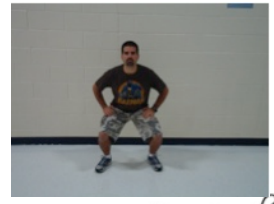
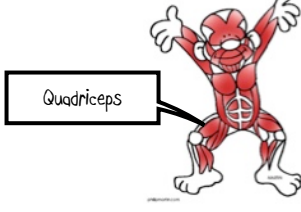
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SQUATS



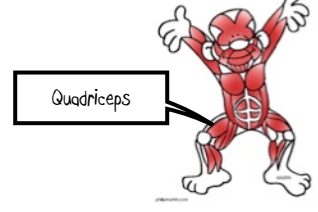
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SQUATS

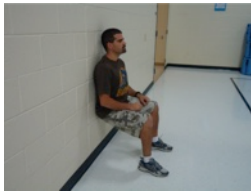


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SQUATS



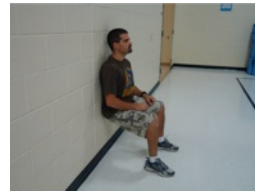
14  
SQUATS





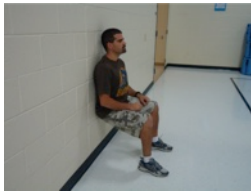
**15  
SECOND  
WALL SIT**

Quadriceps



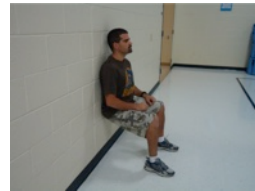
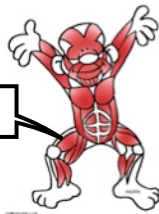
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SECOND  
WALL SIT**

Quadriceps



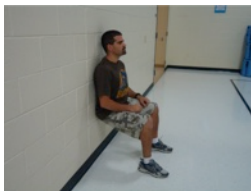
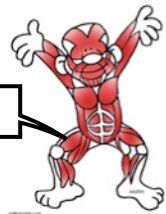
**25  
SECOND  
WALL SIT**

Quadriceps



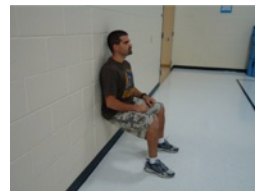
**30  
SECOND  
WALL SIT**

Quadriceps



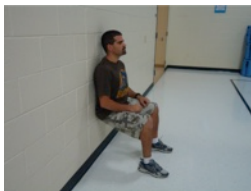
**35  
SECOND  
WALL SIT**

Quadriceps



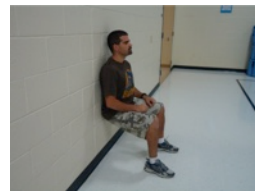
**40  
SECOND  
WALL SIT**

Quadriceps



**45  
SECOND  
WALL SIT**

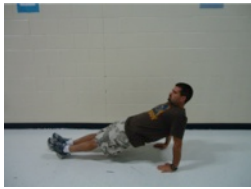
Quadriceps



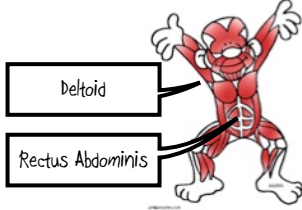
**50  
SECOND  
WALL SIT**

Quadriceps

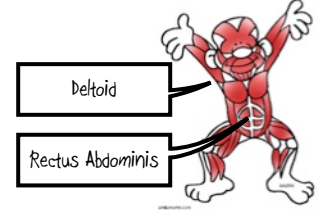




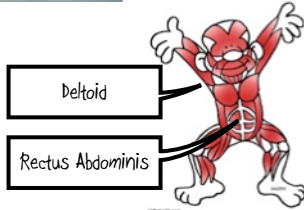
**15 SECOND  
REVERSE  
PLANK**



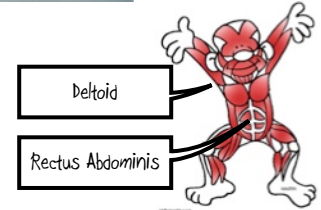
**20 SECOND  
REVERSE  
PLANK**



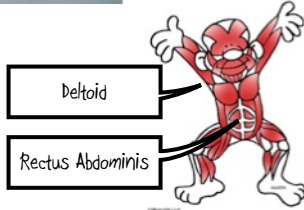
**25 SECOND  
REVERSE  
PLANK**



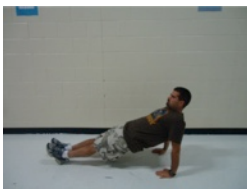
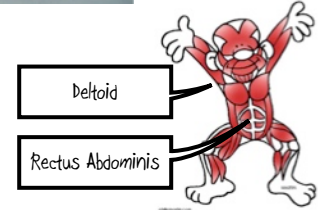
**30 SECOND  
REVERSE  
PLANK**



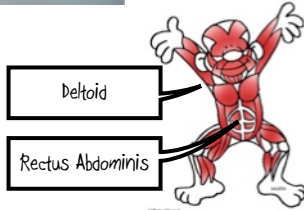
**35 SECOND  
REVERSE  
PLANK**



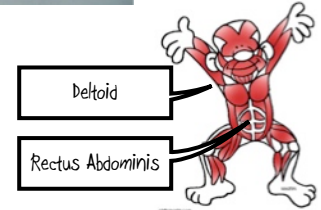
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REVERSE  
PLANK**

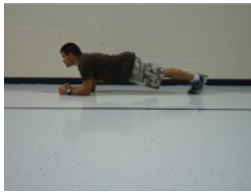


**45 SECOND  
REVERSE  
PLANK**



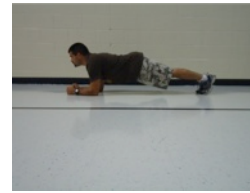
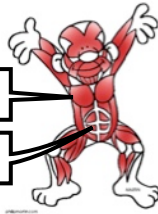
**50 SECOND  
REVERSE  
PLANK**





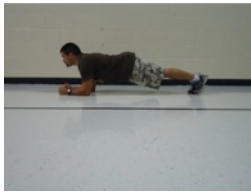
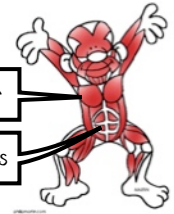
**15  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



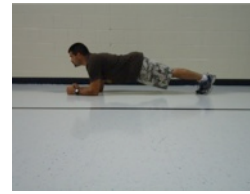
**20  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



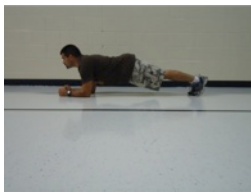
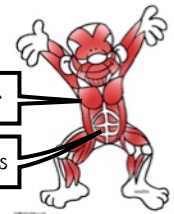
**25  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



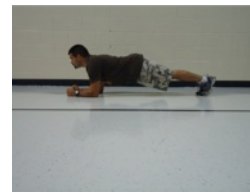
**30  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



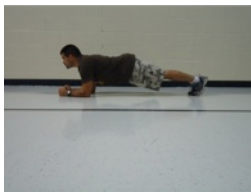
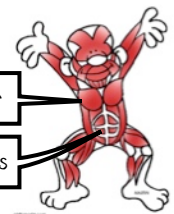
**35  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



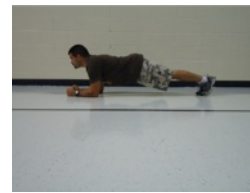
**40  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



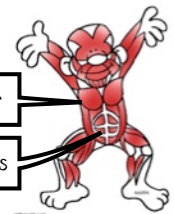
**45  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



**50  
SECOND  
PLANKS**

Pectoralis Major  
Rectus Abdominis



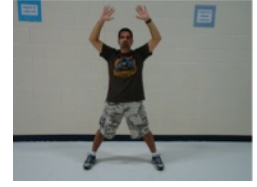


13

JUMPING JACKS

Deltoid

Gastrocnemius



14

JUMPING JACKS

Deltoid

Gastrocnemius



15

JUMPING JACKS

Deltoid

Gastrocnemius

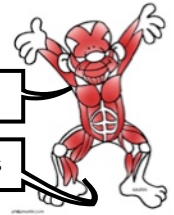


16

JUMPING JACKS

Deltoid

Gastrocnemius



17

JUMPING JACKS

Deltoid

Gastrocnemius

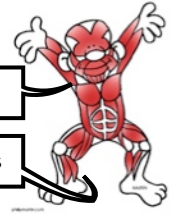


18

JUMPING JACKS

Deltoid

Gastrocnemius

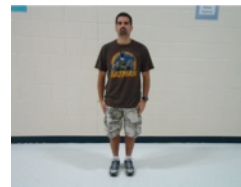


19

JUMPING JACKS

Deltoid

Gastrocnemius

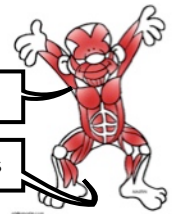


20

JUMPING JACKS

Deltoid

Gastrocnemius







13

JUMPING  
JILLS

Deltoid

Gastrocnemius



14

JUMPING  
JILLS

Deltoid

Gastrocnemius



15

JUMPING  
JILLS

Deltoid

Gastrocnemius

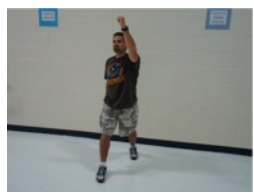


16

JUMPING  
JILLS

Deltoid

Gastrocnemius



17

JUMPING  
JILLS

Deltoid

Gastrocnemius



18

JUMPING  
JILLS

Deltoid

Gastrocnemius



19

JUMPING  
JILLS

Deltoid

Gastrocnemius



20

JUMPING  
JILLS

Deltoid

Gastrocnemius





12  
SKI JUMPS

Gastrocnemius



14  
SKI JUMPS

Gastrocnemius



16  
SKI JUMPS

Gastrocnemius



18  
SKI JUMPS

Gastrocnemius



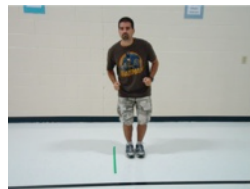
20  
SKI JUMPS

Gastrocnemius



22  
SKI JUMPS

Gastrocnemius



24  
SKI JUMPS


Gastrocnemius



26  
SKI JUMPS


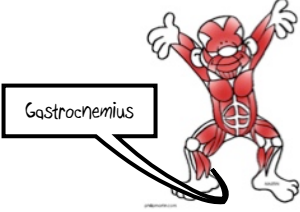
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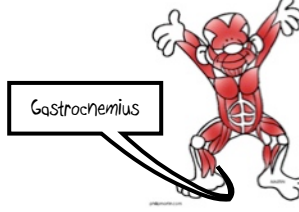
12  
BELL  
JUMPS

Gastrocnemius




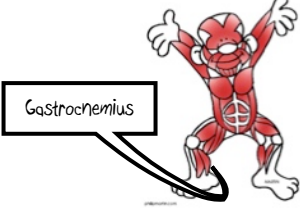
12  
BELL  
JUMPS

Gastrocnemius





12  
BELL  
JUMPS

Gastrocnemius




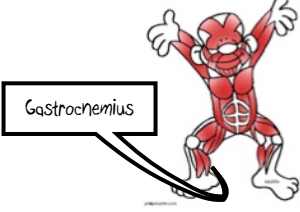
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BELL  
JUMPS

Gastrocnemius





12  
BELL  
JUMPS

Gastrocnemius




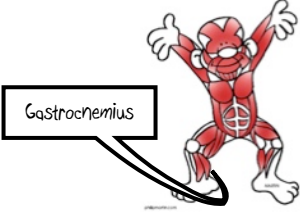
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BELL  
JUMPS

Gastrocnemius




12  
BELL  
JUMPS

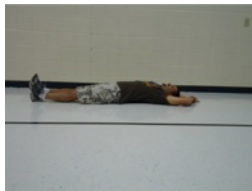
Gastrocnemius



12  
BELL  
JUMPS

Gastrocnemius





3

**BODY  
FOLDS**

Rectus Abdominis



4

**BODY  
FOLDS**

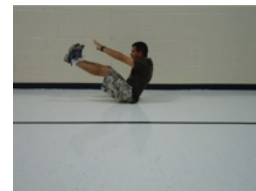
Rectus Abdominis



5

**BODY  
FOLDS**

Rectus Abdominis



6

**BODY  
FOLDS**

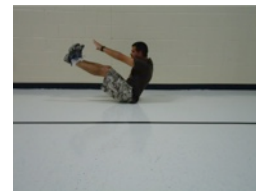
Rectus Abdominis



7

**BODY  
FOLDS**

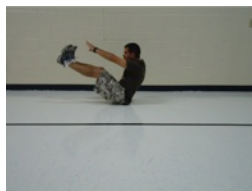
Rectus Abdominis



8

**BODY  
FOLDS**

Rectus Abdominis



9

**BODY  
FOLDS**

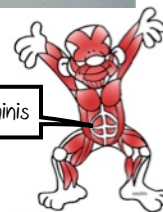
Rectus Abdominis

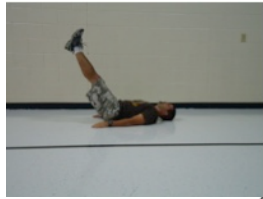


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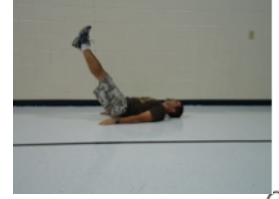
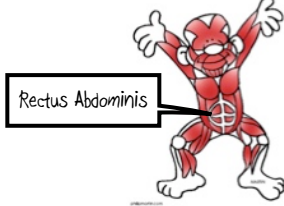
**BODY  
FOLDS**

Rectus Abdominis

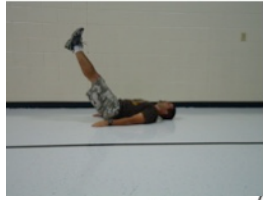
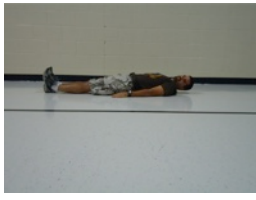
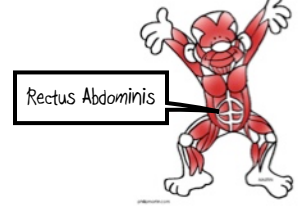




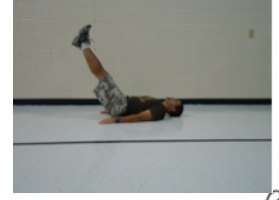
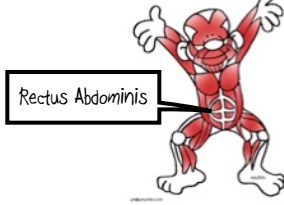
10  
LEG LIFTS



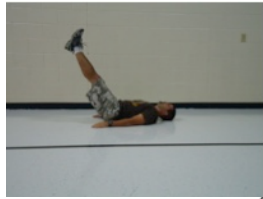
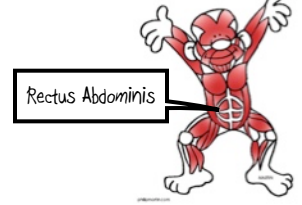
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LEG LIFTS



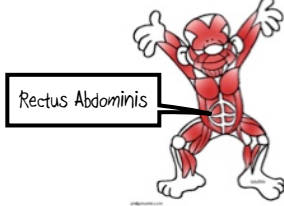
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LEG LIFTS



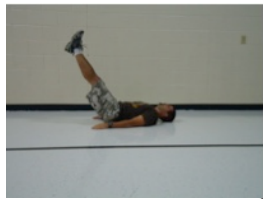
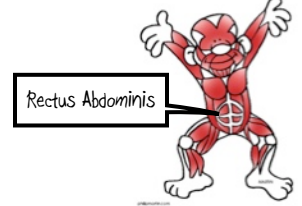
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LEG LIFTS



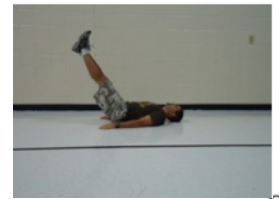
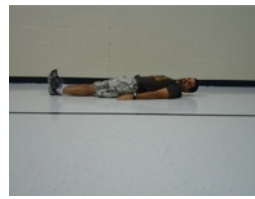
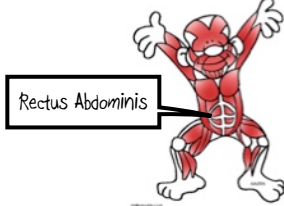
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LEG LIFTS



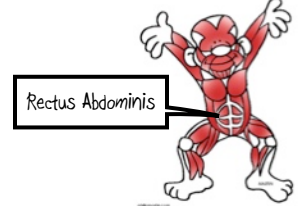
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LEG LIFTS

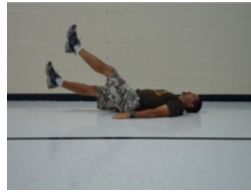


16  
LEG LIFTS



17  
LEG LIFTS



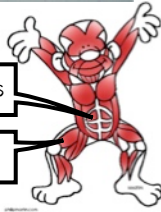


14

SCISSOR  
KICKS

Rectus Abdominis

Quadriceps

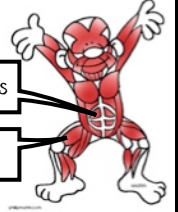


16

SCISSOR  
KICKS

Rectus Abdominis

Quadriceps

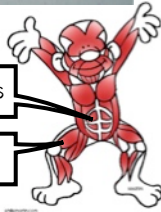


18

SCISSOR  
KICKS

Rectus Abdominis

Quadriceps

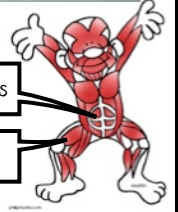


20

SCISSOR  
KICKS

Rectus Abdominis

Quadriceps

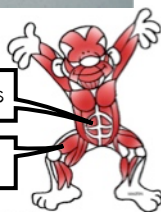


22

SCISSOR  
KICKS

Rectus Abdominis

Quadriceps

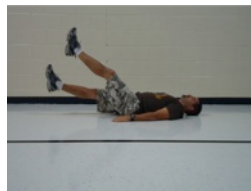
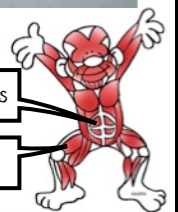


24

SCISSOR  
KICKS

Rectus Abdominis

Quadriceps

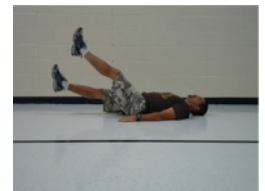
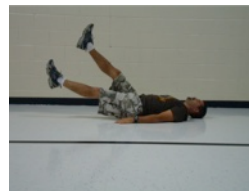
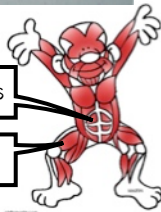


26

SCISSOR  
KICKS

Rectus Abdominis

Quadriceps

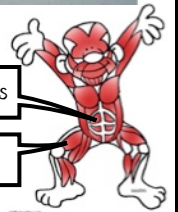


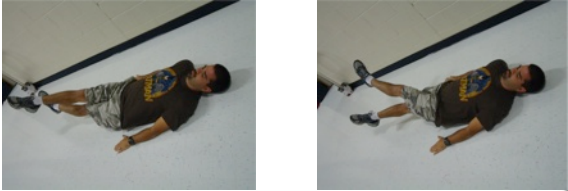
28

SCISSOR  
KICKS

Rectus Abdominis

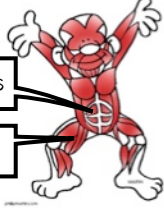
Quadriceps





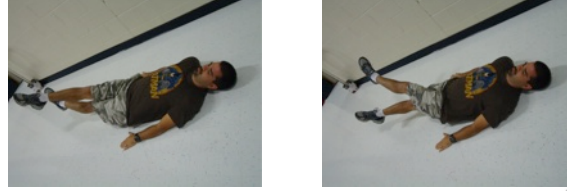
14

**CROSS  
OVER**



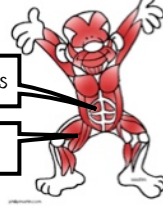
Rectus Abdominis

Adductors



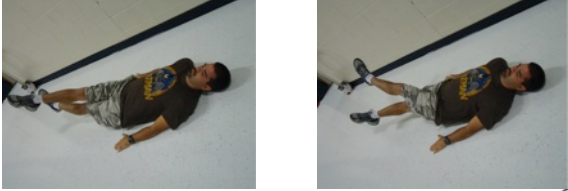
16

**CROSS  
OVER**



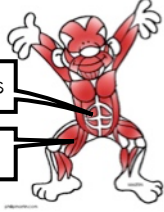
Rectus Abdominis

Adductors



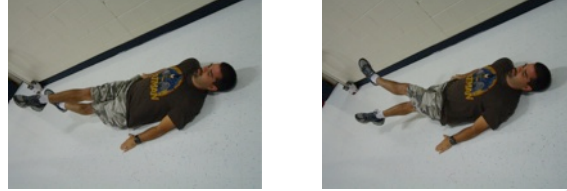
18

**CROSS  
OVER**



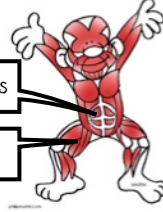
Rectus Abdominis

Adductors



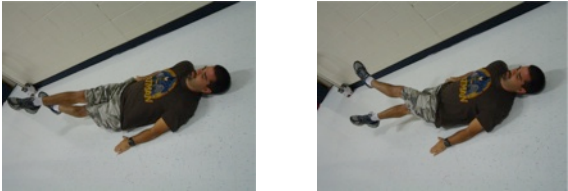
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**CROSS  
OVER**



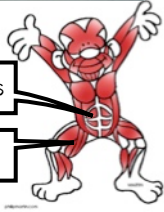
Rectus Abdominis

Adductors



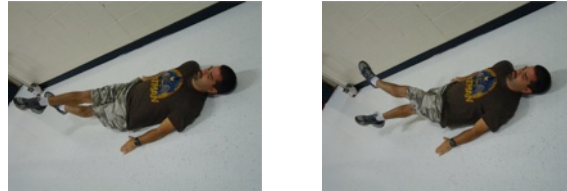
22

**CROSS  
OVER**



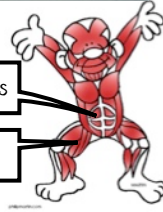
Rectus Abdominis

Adductors



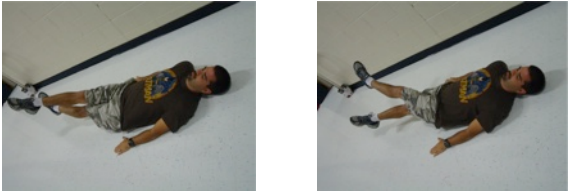
24

**CROSS  
OVER**



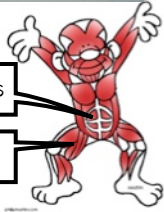
Rectus Abdominis

Adductors



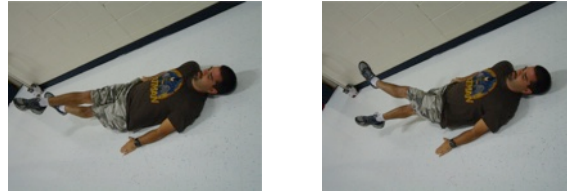
26

**CROSS  
OVER**



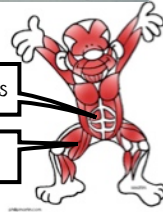
Rectus Abdominis

Adductors




28

**CROSS  
OVER**




Rectus Abdominis

Adductors




14

**MOUNTAIN CLIMBERS**




Pectoralis Major

Quadriceps




16

**MOUNTAIN CLIMBERS**




Pectoralis Major

Quadriceps




18

**MOUNTAIN CLIMBERS**




Pectoralis Major

Quadriceps




20

**MOUNTAIN CLIMBERS**




Pectoralis Major

Quadriceps




22

**MOUNTAIN CLIMBERS**




Pectoralis Major

Quadriceps




24

**MOUNTAIN CLIMBERS**




Pectoralis Major

Quadriceps




26

**MOUNTAIN CLIMBERS**




Pectoralis Major

Quadriceps



28

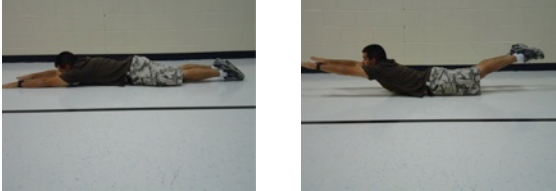
**MOUNTAIN CLIMBERS**



Pectoralis Major

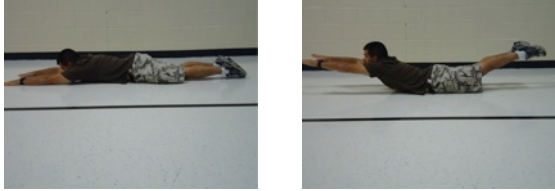

Quadriceps





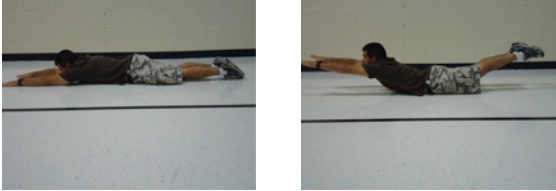

10  
SUPERMAN

Latissimus Dorsi  
(lower back)



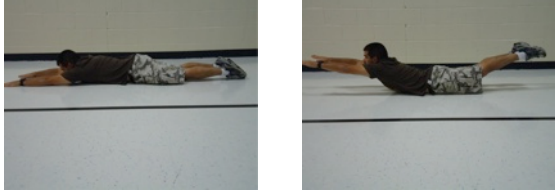

11  
SUPERMAN

Latissimus Dorsi  
(lower back)



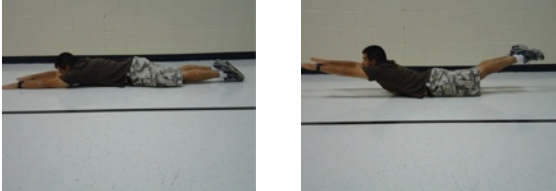

12  
SUPERMAN

Latissimus Dorsi  
(lower back)



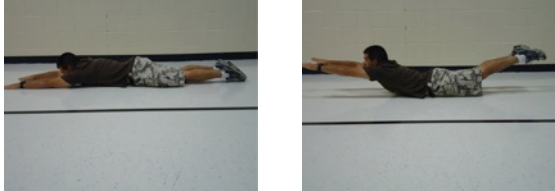

13  
SUPERMAN

Latissimus Dorsi  
(lower back)



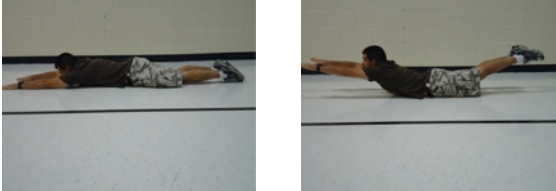
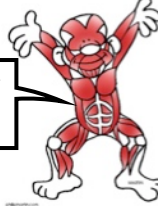
14  
SUPERMAN

Latissimus Dorsi  
(lower back)



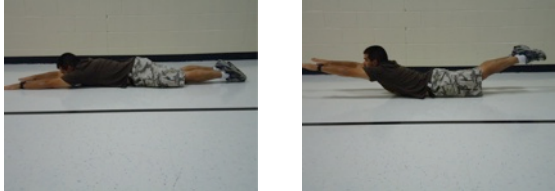

15  
SUPERMAN

Latissimus Dorsi  
(lower back)




16  
SUPERMAN

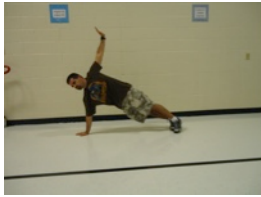
Latissimus Dorsi  
(lower back)



17  
SUPERMAN

Latissimus Dorsi  
(lower back)

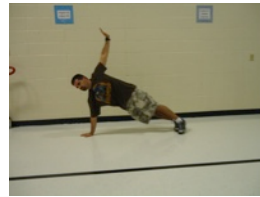




10

ARM SWITCH

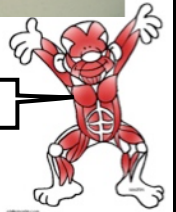
Pectoralis Major



12

ARM SWITCH

Pectoralis Major



14

ARM SWITCH

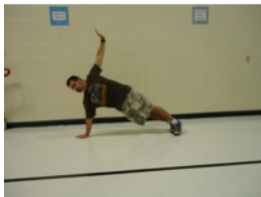
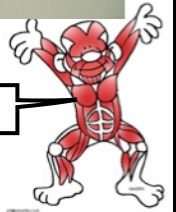
Pectoralis Major



16

ARM SWITCH

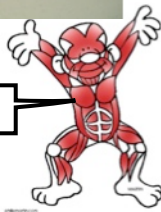
Pectoralis Major



18

ARM SWITCH

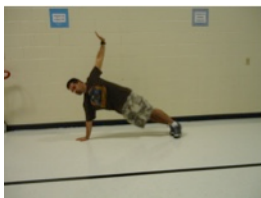
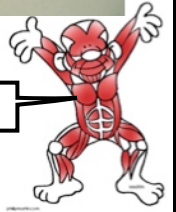
Pectoralis Major



20

ARM SWITCH

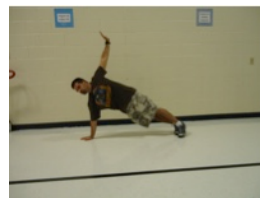
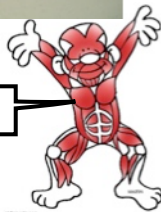
Pectoralis Major



22

ARM SWITCH

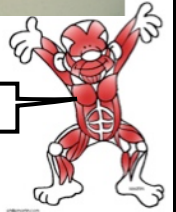
Pectoralis Major




24

ARM SWITCH

Pectoralis Major


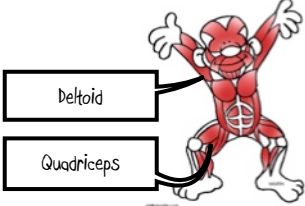




8  
SWITCH  
KICKS

Deltoid


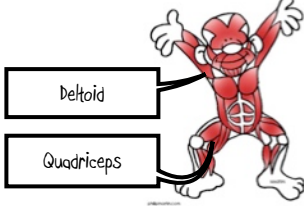
Quadriceps



10  
SWITCH  
KICKS

Deltoid


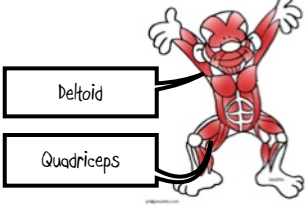
Quadriceps



12  
SWITCH  
KICKS

Deltoid


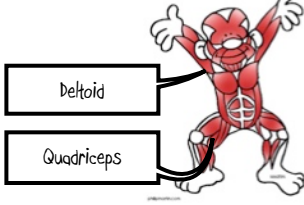
Quadriceps



14  
SWITCH  
KICKS

Deltoid


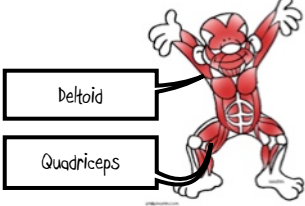
Quadriceps



16  
SWITCH  
KICKS

Deltoid


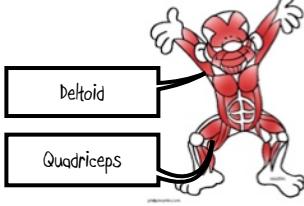
Quadriceps



18  
SWITCH  
KICKS

Deltoid


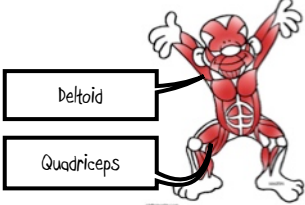
Quadriceps



20  
SWITCH  
KICKS

Deltoid

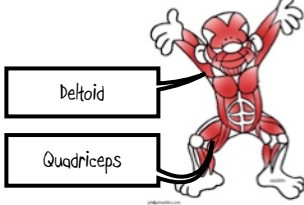
Quadriceps




22  
SWITCH  
KICKS

Deltoid



Quadriceps







**3**  
**GENIE SITS**

Quadriceps




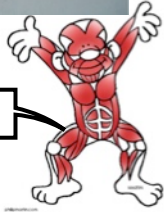
**4**  
**GENIE SITS**

Quadriceps





**5**  
**GENIE SITS**

Quadriceps




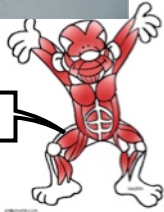
**6**  
**GENIE SITS**

Quadriceps




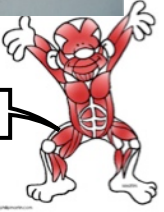
**7**  
**GENIE SITS**

Quadriceps





**8**  
**GENIE SITS**

Quadriceps



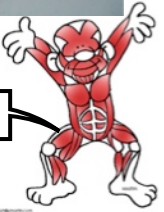
**9**  
**GENIE SITS**

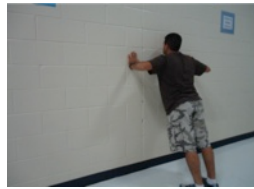
Quadriceps



**10**  
**GENIE SITS**

Quadriceps

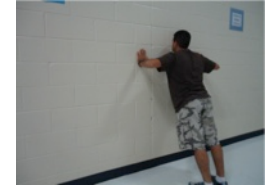
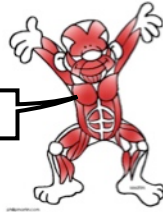




15

WALL  
PUSHUPS

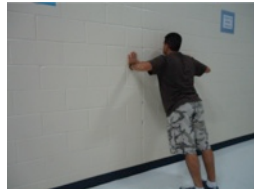
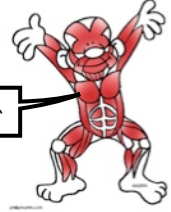
Pectoralis Major



16

WALL  
PUSHUPS

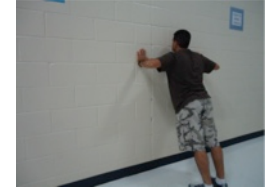
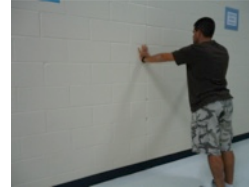
Pectoralis Major



17

WALL  
PUSHUPS

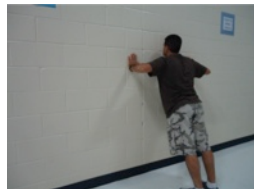
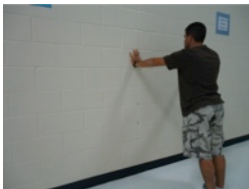
Pectoralis Major



18

WALL  
PUSHUPS

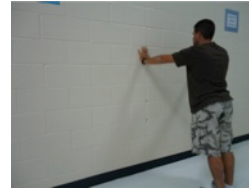
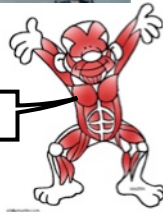
Pectoralis Major



19

WALL  
PUSHUPS

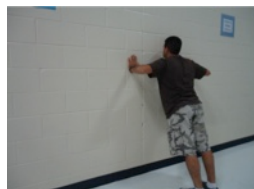
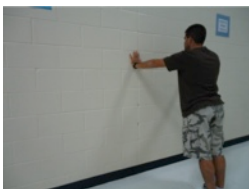
Pectoralis Major



20

WALL  
PUSHUPS

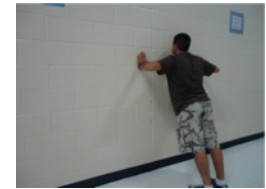
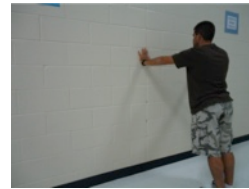
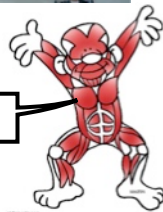
Pectoralis Major



21

WALL  
PUSHUPS

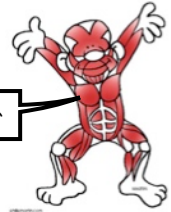
Pectoralis Major

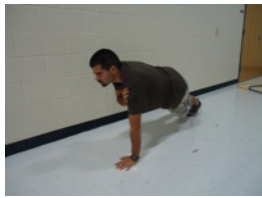
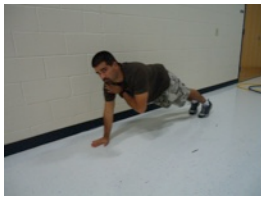


22

WALL  
PUSHUPS

Pectoralis Major

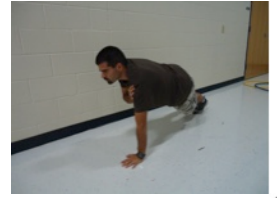
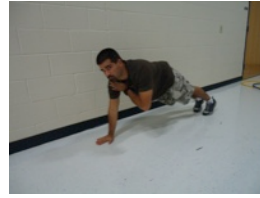
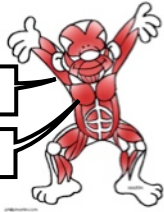




12

SHOULDER  
TAPS

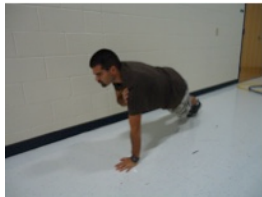
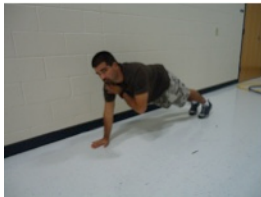
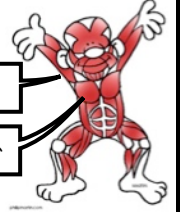
Deltoid  
Pectoralis Major



14

SHOULDER  
TAPS

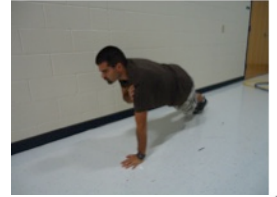
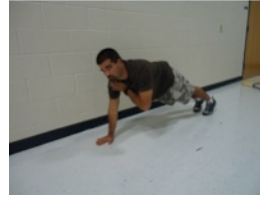
Deltoid  
Pectoralis Major



16

SHOULDER  
TAPS

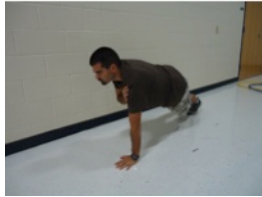
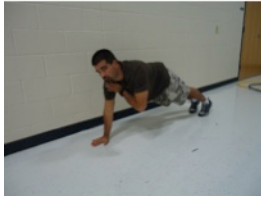
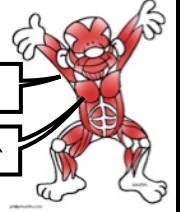
Deltoid  
Pectoralis Major



18

SHOULDER  
TAPS

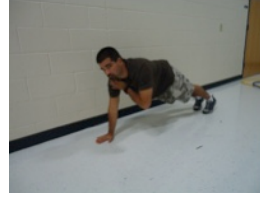
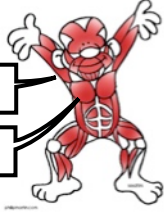
Deltoid  
Pectoralis Major



20

SHOULDER  
TAPS

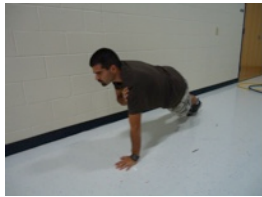
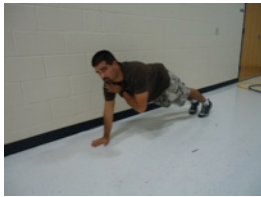
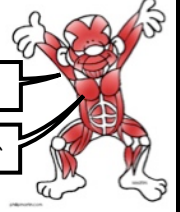
Deltoid  
Pectoralis Major



22

SHOULDER  
TAPS

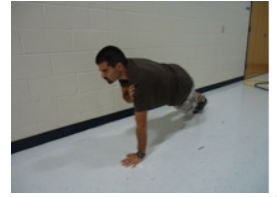
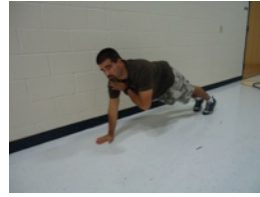
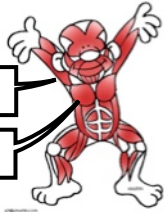
Deltoid  
Pectoralis Major



24

SHOULDER  
TAPS

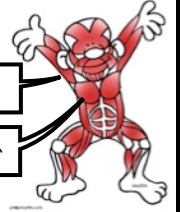
Deltoid  
Pectoralis Major




26

SHOULDER  
TAPS

Deltoid  
Pectoralis Major



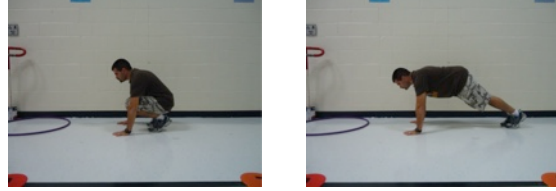
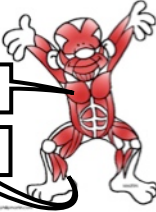


8

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius


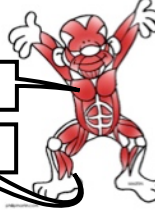


9

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius

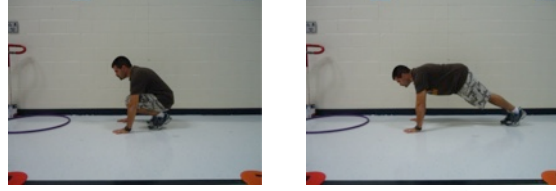



10

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius





11

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius

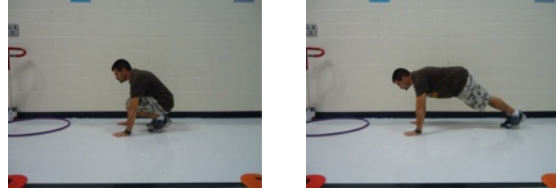



12

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius


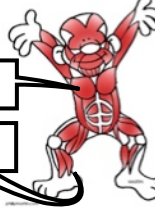


13

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius





14

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius

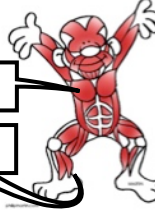


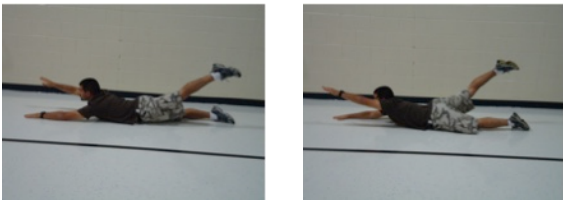
15

JUMP  
PLANKS

Pectoralis Major

Gastrocnemius




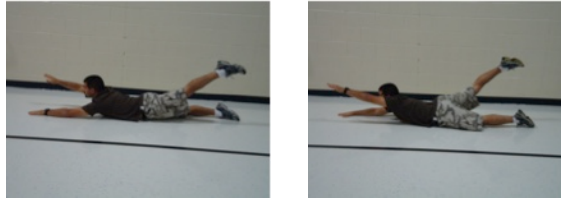


10  
**SWIMMER**

Deltoid

---

Latissimus Dorsi  
(lower back)


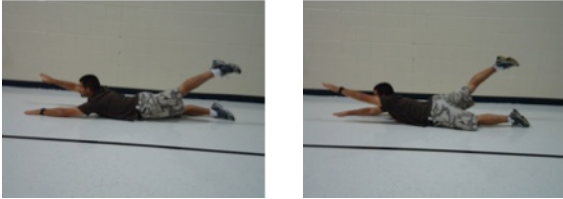



11  
**SWIMMER**

Deltoid

---

Latissimus Dorsi  
(lower back)


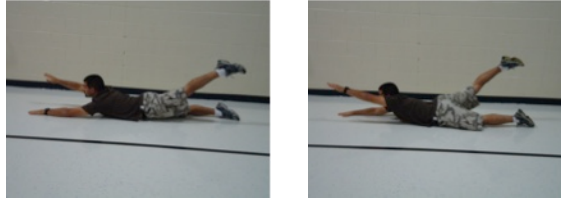



12  
**SWIMMER**

Deltoid

---

Latissimus Dorsi  
(lower back)


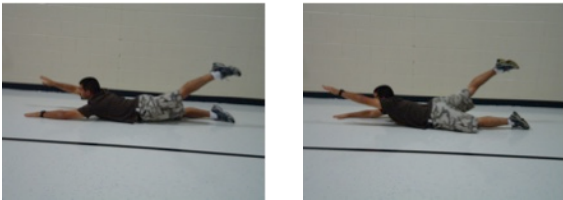



13  
**SWIMMER**

Deltoid

---

Latissimus Dorsi  
(lower back)


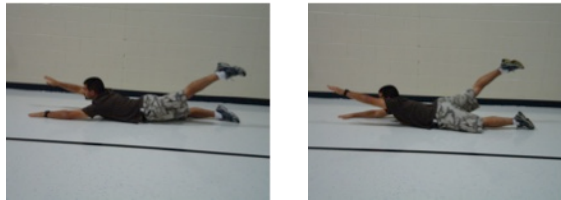



14  
**SWIMMER**

Deltoid

---

Latissimus Dorsi  
(lower back)


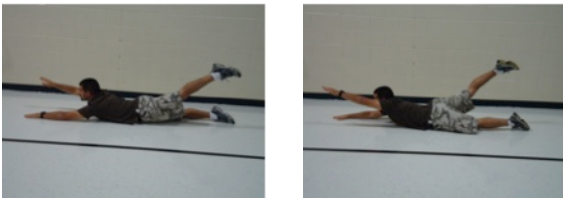



15  
**SWIMMER**

Deltoid

---

Latissimus Dorsi  
(lower back)


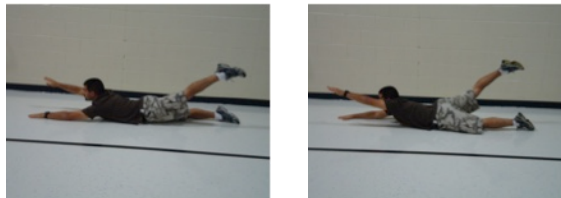



16  
**SWIMMER**

Deltoid

---

Latissimus Dorsi  
(lower back)





17  
**SWIMMER**

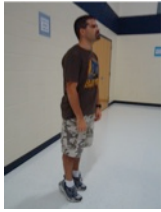
Deltoid

---

Latissimus Dorsi  
(lower back)



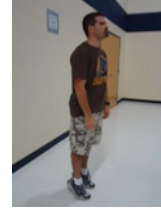




15

**CALF  
RAISES**

Gastrocnemius



16

**CALF  
RAISES**

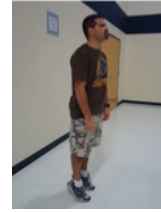
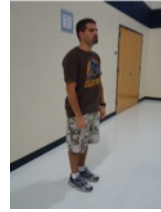
Gastrocnemius



17

**CALF  
RAISES**

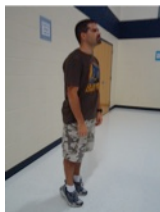
Gastrocnemius



18

**CALF  
RAISES**

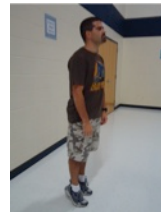
Gastrocnemius



19

**CALF  
RAISES**

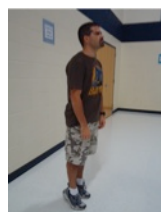
Gastrocnemius



20

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RAISES**

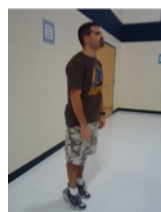
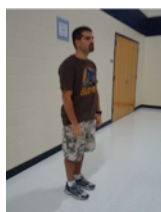
Gastrocnemius



21

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RAISES**

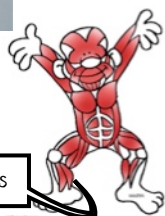
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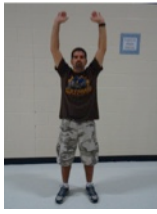
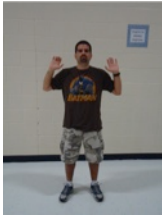


22

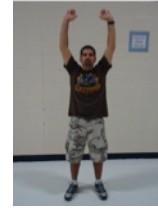
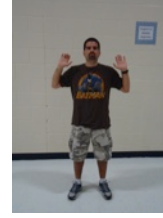
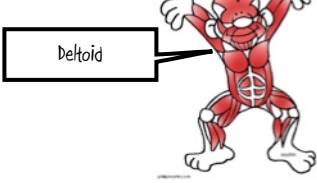
**CALF  
RAISES**

Gastrocnemius

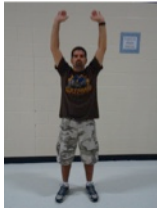
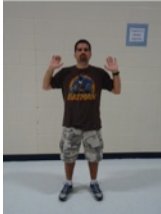
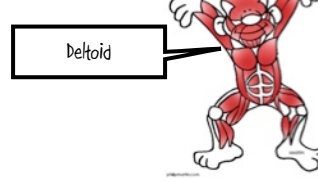




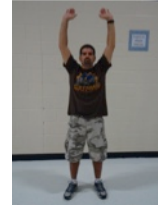
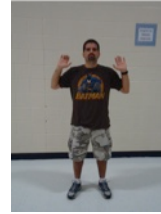
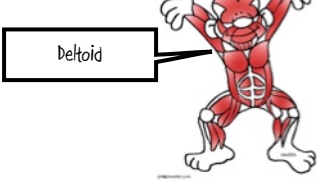
15  
SHOULDER  
PRESS



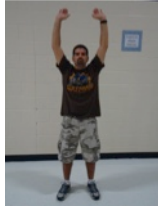
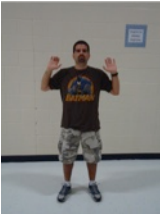
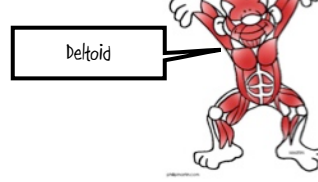
16  
SHOULDER  
PRESS



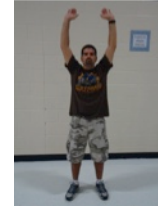
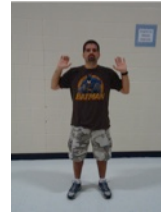
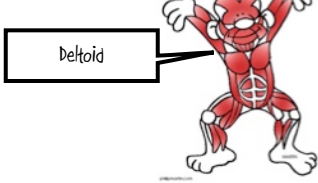
17  
SHOULDER  
PRESS



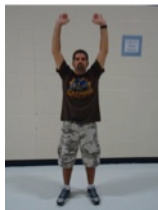
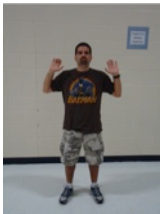
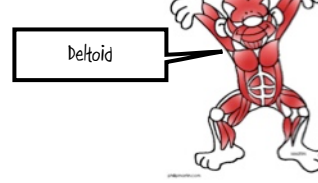
18  
SHOULDER  
PRESS



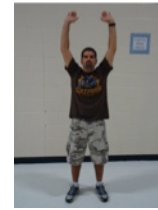
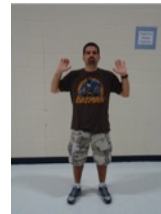
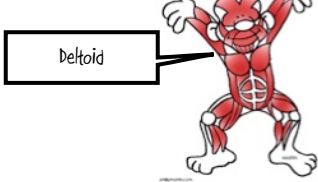
19  
SHOULDER  
PRESS



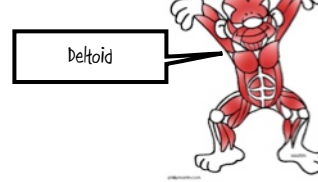
20  
SHOULDER  
PRESS




21  
SHOULDER  
PRESS



22  
SHOULDER  
PRESS


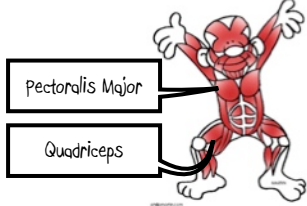




10  
SQUAT  
THRUST

Pectoralis Major

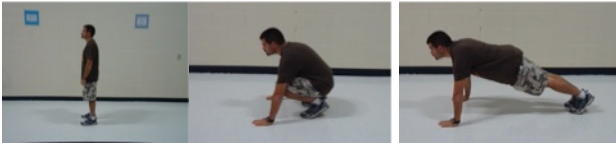
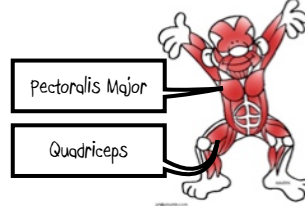
Quadriceps



11  
SQUAT  
THRUST

Pectoralis Major

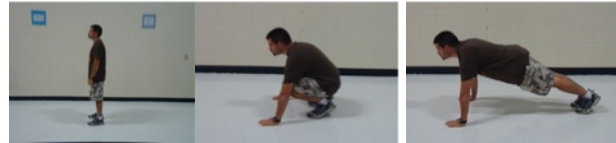
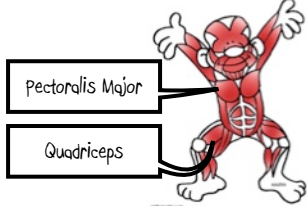
Quadriceps



12  
SQUAT  
THRUST

Pectoralis Major

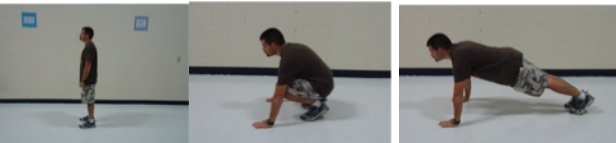
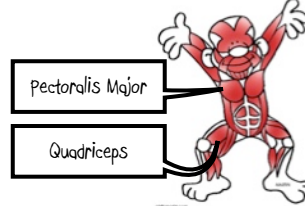
Quadriceps



13  
SQUAT  
THRUST

Pectoralis Major

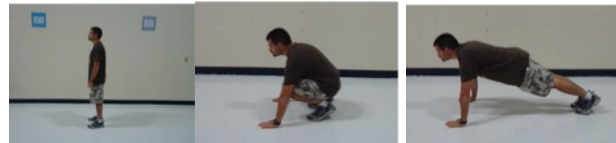
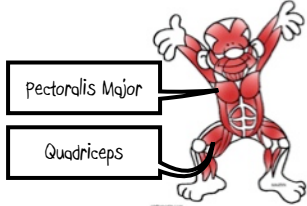
Quadriceps



14  
SQUAT  
THRUST

Pectoralis Major

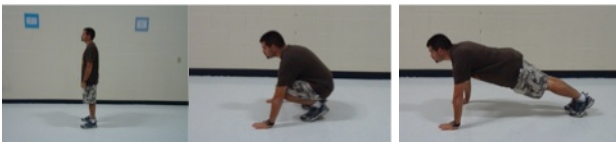
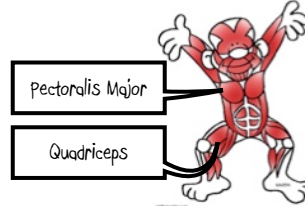
Quadriceps



15  
SQUAT  
THRUST

Pectoralis Major

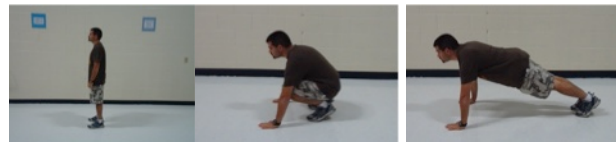
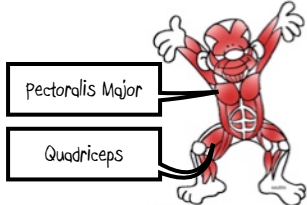
Quadriceps



16  
SQUAT  
THRUST

Pectoralis Major

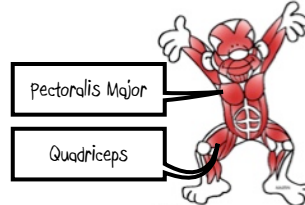
Quadriceps



17  
SQUAT  
THRUST

Pectoralis Major

Quadriceps





12  
QUADRAPLEX

Deltoid  
Quadriceps



14  
QUADRAPLEX

Deltoid  
Quadriceps



16  
QUADRAPLEX

Deltoid  
Quadriceps



18  
QUADRAPLEX

Deltoid  
Quadriceps



20  
QUADRAPLEX

Deltoid  
Quadriceps



22  
QUADRAPLEX

Deltoid  
Quadriceps



24  
QUADRAPLEX

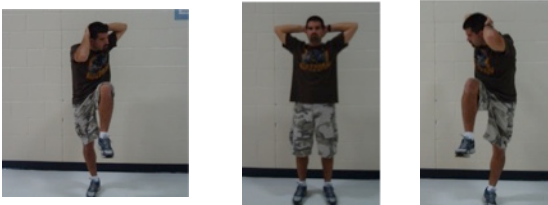
Deltoid  
Quadriceps



26  
QUADRAPLEX

Deltoid  
Quadriceps

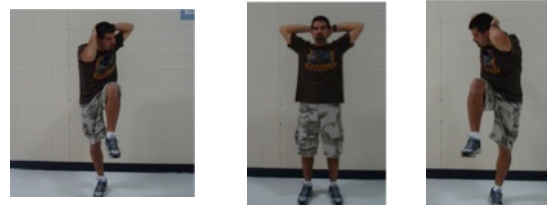
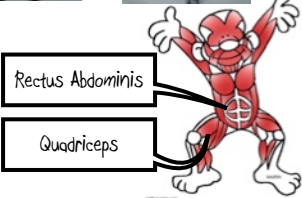




12  
STEAM  
ENGINES

Rectus Abdominis

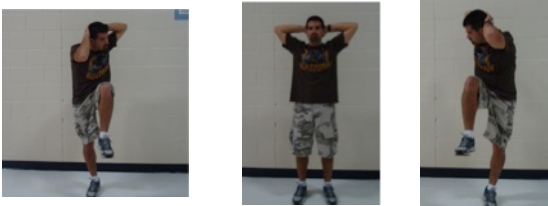
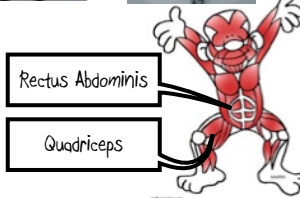
Quadriceps



14  
STEAM  
ENGINES

Rectus Abdominis

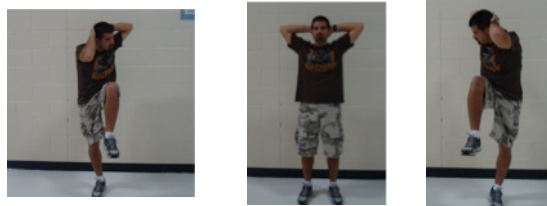
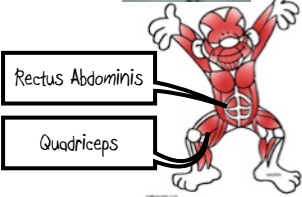
Quadriceps



16  
STEAM  
ENGINES

Rectus Abdominis

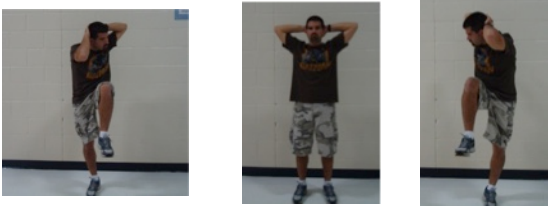
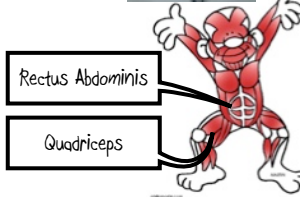
Quadriceps



18  
STEAM  
ENGINES

Rectus Abdominis

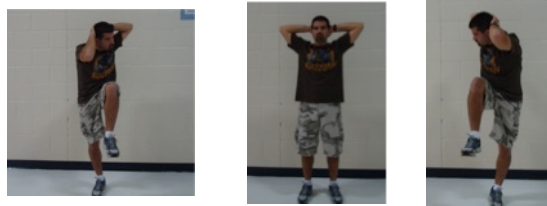
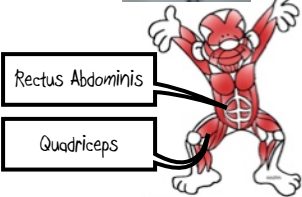
Quadriceps



20  
STEAM  
ENGINES

Rectus Abdominis

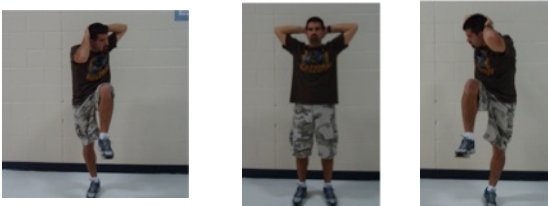
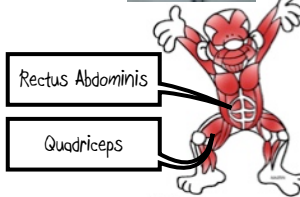
Quadriceps



22  
STEAM  
ENGINES

Rectus Abdominis

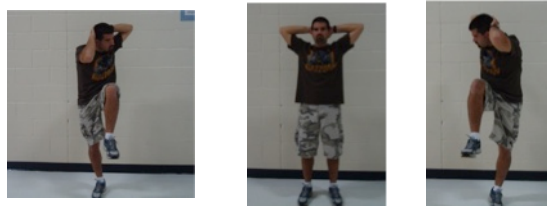
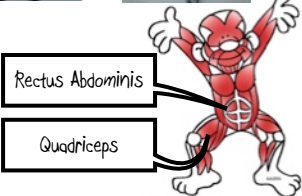
Quadriceps



24  
STEAM  
ENGINES

Rectus Abdominis

Quadriceps



26  
STEAM  
ENGINES

Rectus Abdominis

Quadriceps

