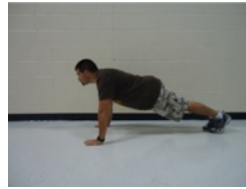
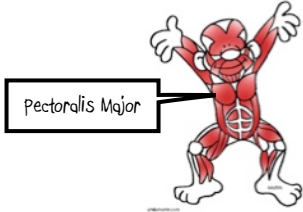
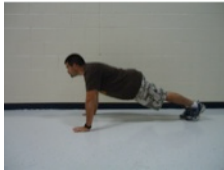
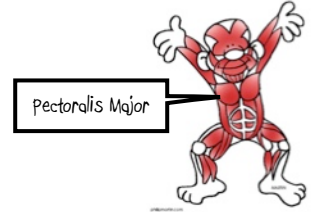


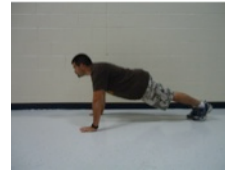
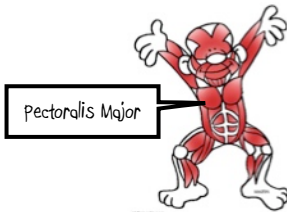
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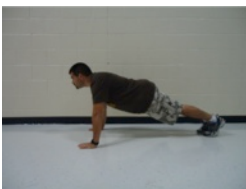
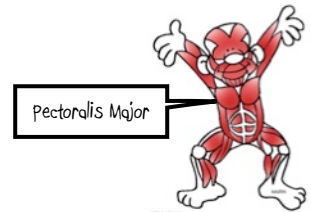
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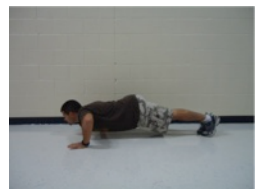
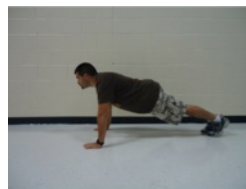
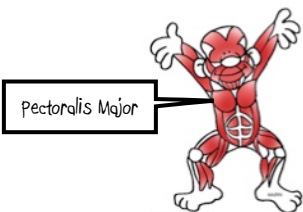
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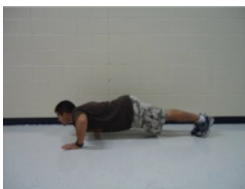
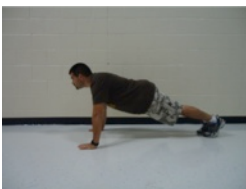
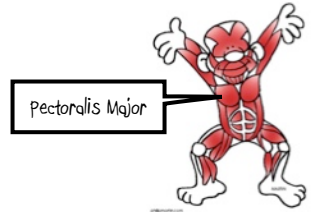
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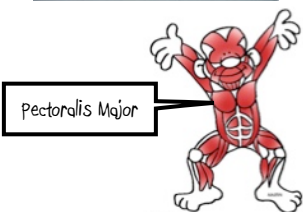
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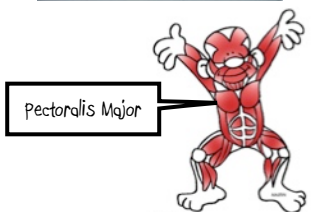
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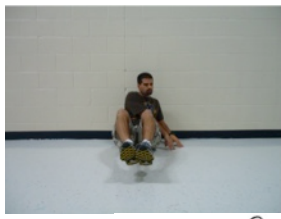
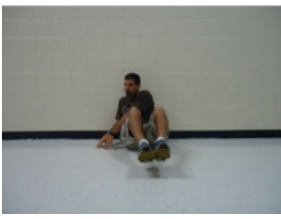


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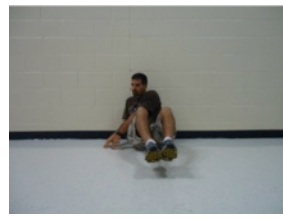
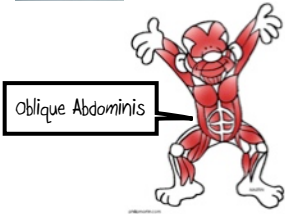


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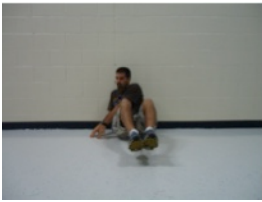
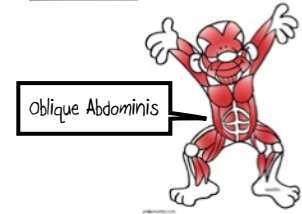




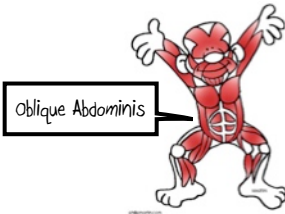
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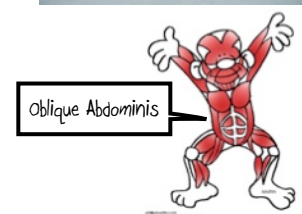
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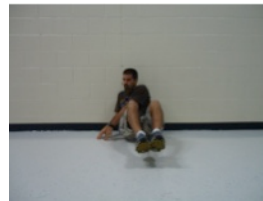
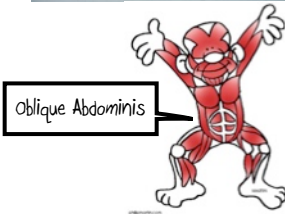
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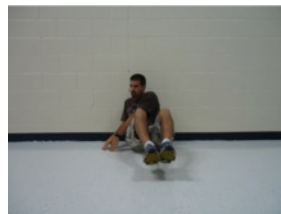
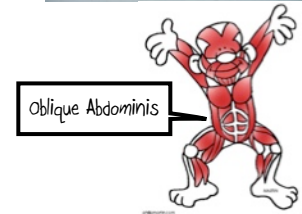
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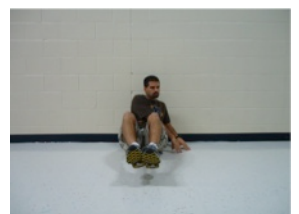
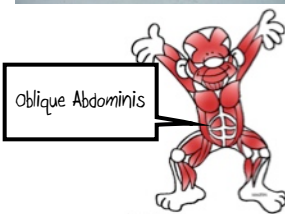
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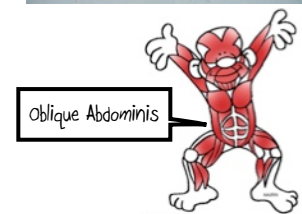
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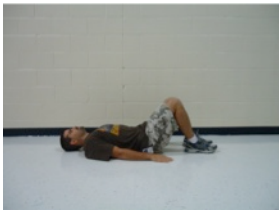


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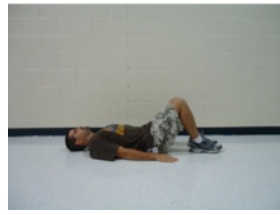
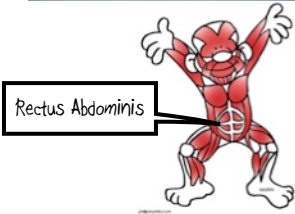


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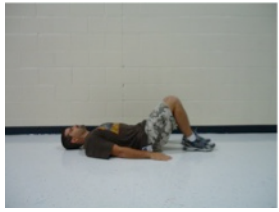
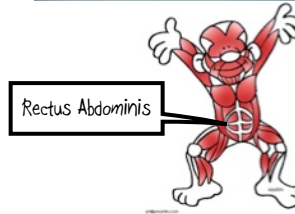




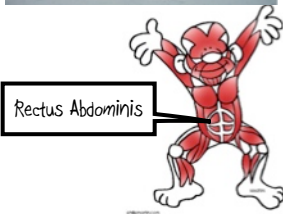
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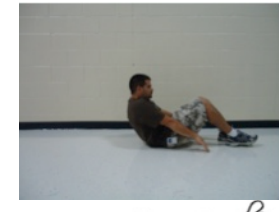
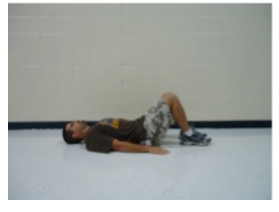
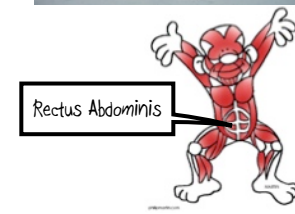
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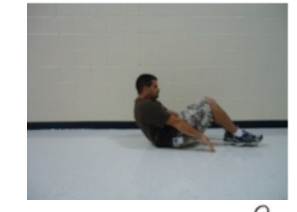
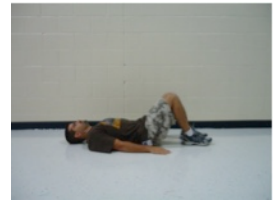
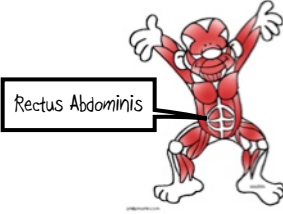
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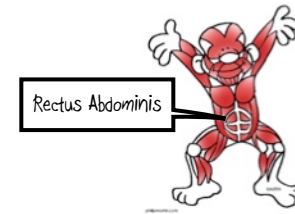
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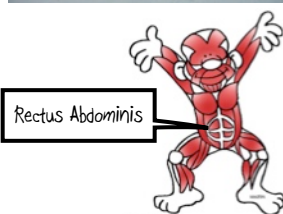
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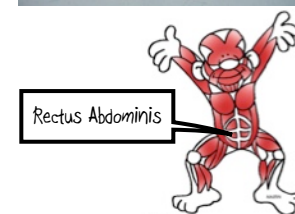
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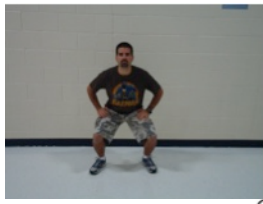


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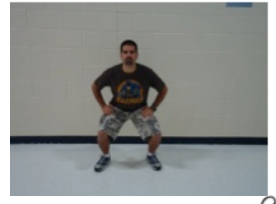
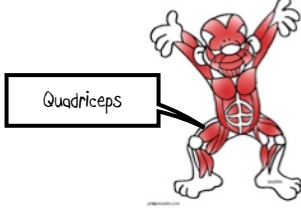


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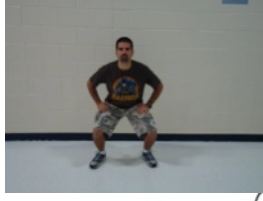
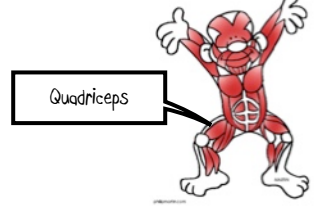




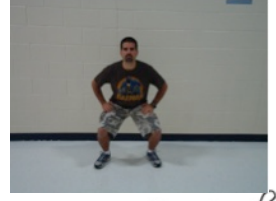
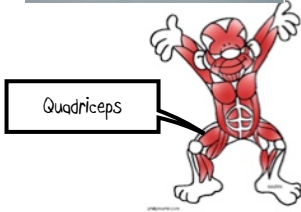
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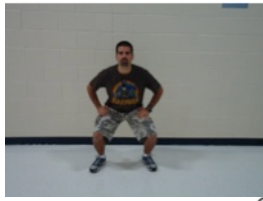
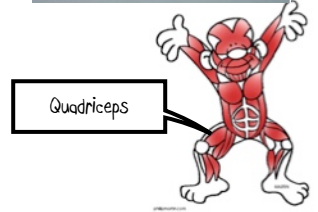
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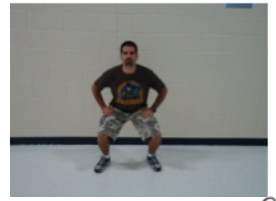
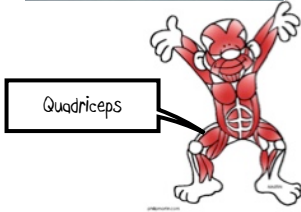
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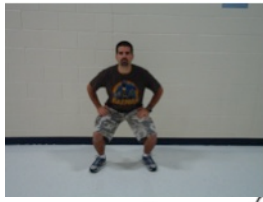
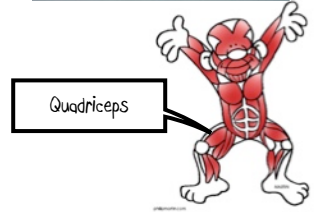
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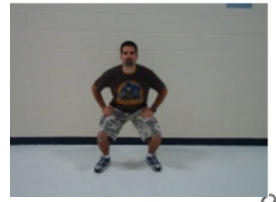
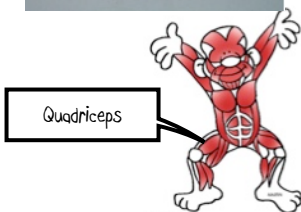
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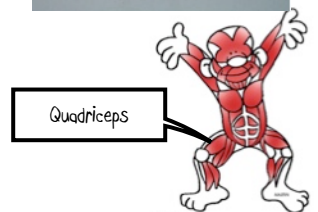
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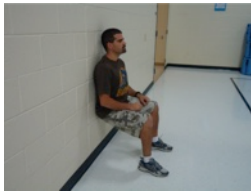


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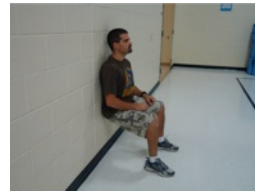
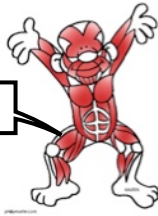
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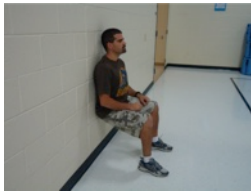
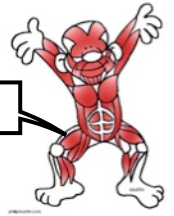
**15
SECOND
WALL SIT**

Quadriceps



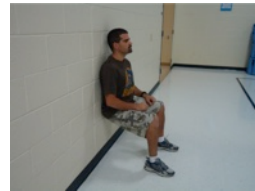
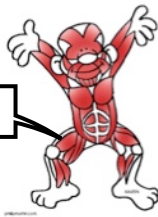
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SECOND
WALL SIT**

Quadriceps



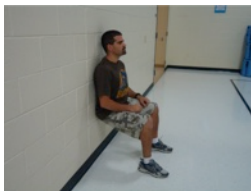
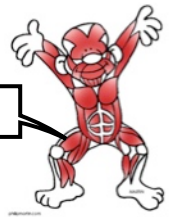
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Quadriceps



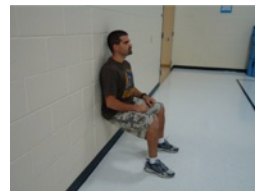
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Quadriceps



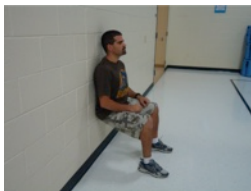
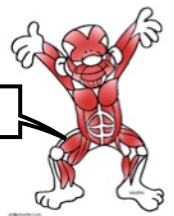
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SECOND
WALL SIT**

Quadriceps



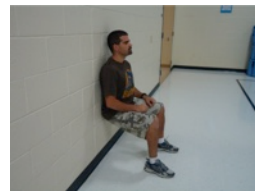
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WALL SIT**

Quadriceps



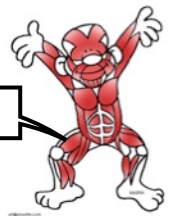
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SECOND
WALL SIT**

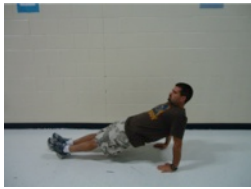
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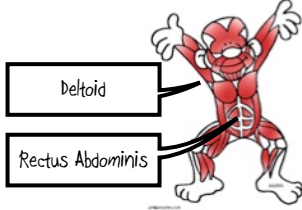
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SECOND
WALL SIT**

Quadriceps

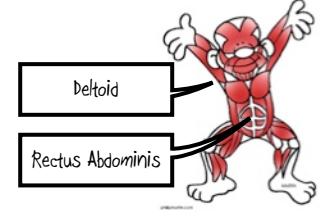




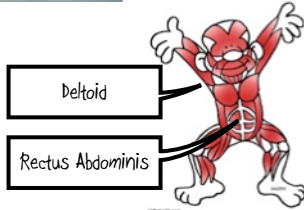
15 SECOND
REVERSE
PLANK



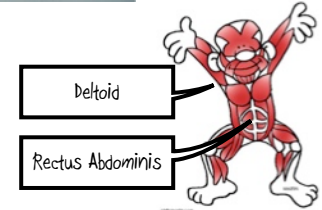
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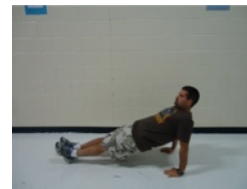
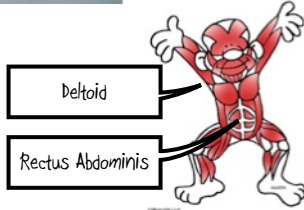
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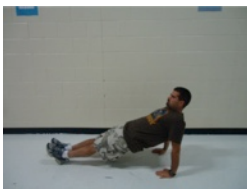
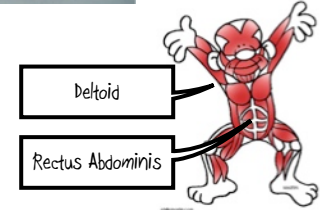
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REVERSE
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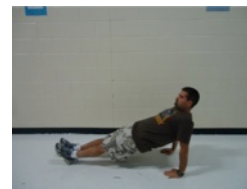
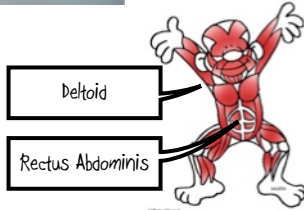
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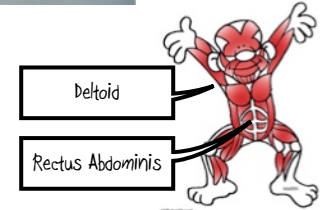
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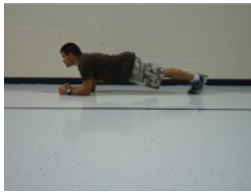


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REVERSE
PLANK



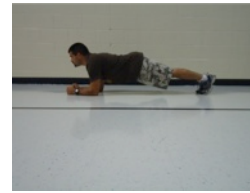
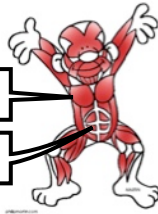
50 SECOND
REVERSE
PLANK





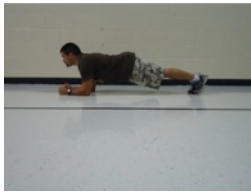
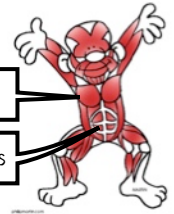
**15
SECOND
PLANKS**

Pectoralis Major
Rectus Abdominis



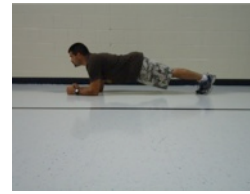
**20
SECOND
PLANKS**

Pectoralis Major
Rectus Abdominis



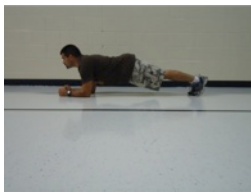
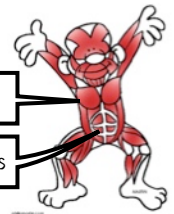
**25
SECOND
PLANKS**

Pectoralis Major
Rectus Abdominis



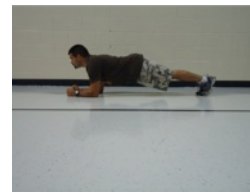
**30
SECOND
PLANKS**

Pectoralis Major
Rectus Abdominis



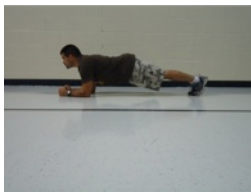
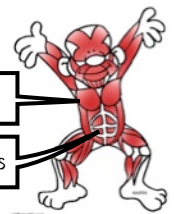
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SECOND
PLANKS**

Pectoralis Major
Rectus Abdominis



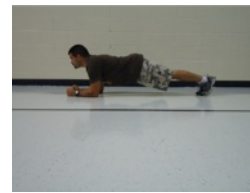
**40
SECOND
PLANKS**

Pectoralis Major
Rectus Abdominis



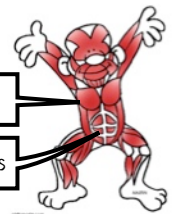
**45
SECOND
PLANKS**

Pectoralis Major
Rectus Abdominis



**50
SECOND
PLANKS**

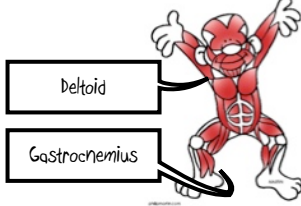
Pectoralis Major
Rectus Abdominis





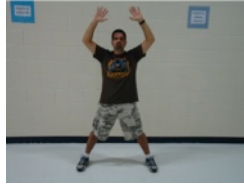
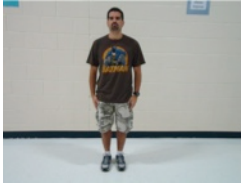
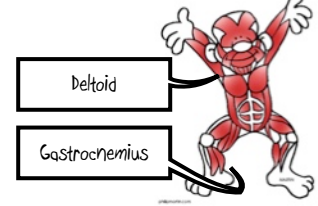
13

JUMPING JACKS



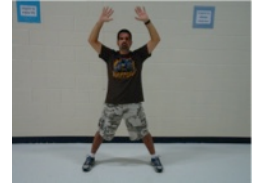
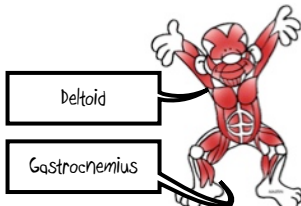
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JUMPING JACKS



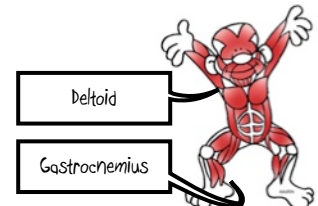
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JUMPING JACKS



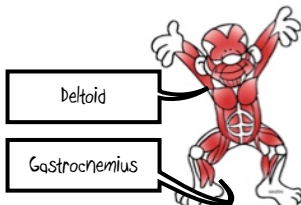
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JUMPING JACKS



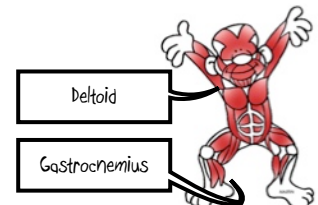
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JUMPING JACKS



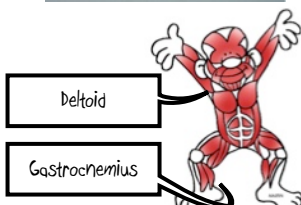
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JUMPING JACKS



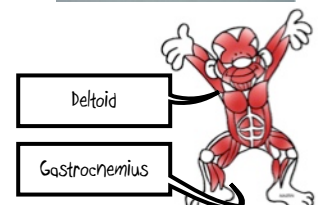
19

JUMPING JACKS



20

JUMPING JACKS





13

JUMPING
JILLS

Deltoid

Gastrocnemius

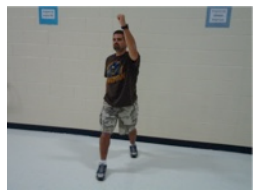


14

JUMPING
JILLS

Deltoid

Gastrocnemius

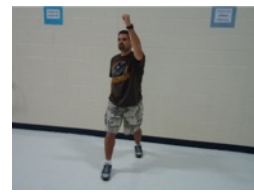


15

JUMPING
JILLS

Deltoid

Gastrocnemius



16

JUMPING
JILLS

Deltoid

Gastrocnemius

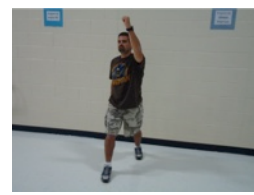


17

JUMPING
JILLS

Deltoid

Gastrocnemius

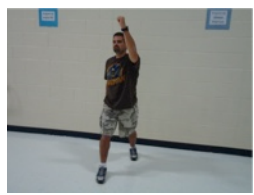


18

JUMPING
JILLS

Deltoid

Gastrocnemius

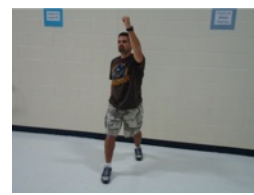


19

JUMPING
JILLS

Deltoid

Gastrocnemius



20

JUMPING
JILLS

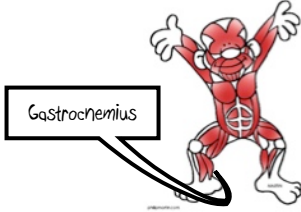
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Gastrocnemius

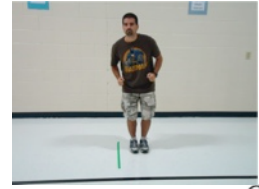




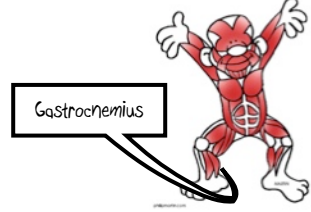
12
SKI JUMPS



Gastrocnemius



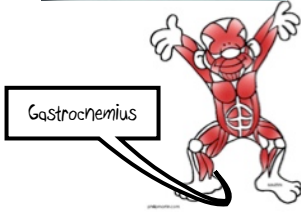
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SKI JUMPS



Gastrocnemius



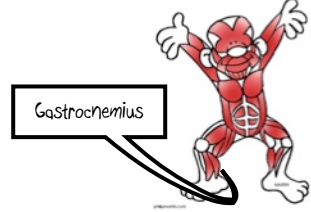
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SKI JUMPS



Gastrocnemius



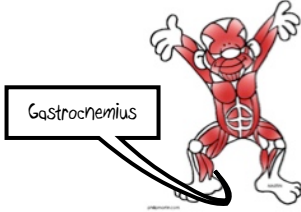
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SKI JUMPS



Gastrocnemius



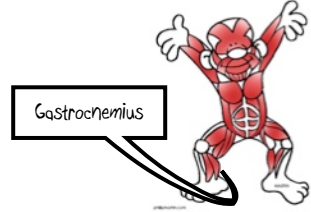
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SKI JUMPS



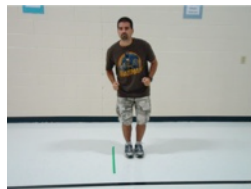
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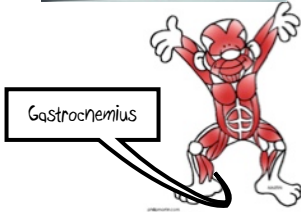
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SKI JUMPS



Gastrocnemius



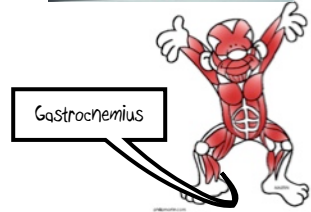
24
SKI JUMPS



Gastrocnemius



26
SKI JUMPS



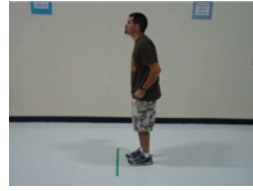
Gastrocnemius



12

BELL
JUMPS

Gastrocnemius



12

BELL
JUMPS

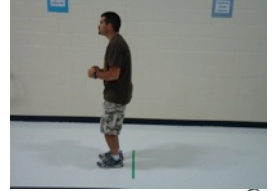
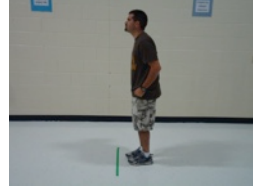
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12

BELL
JUMPS

Gastrocnemius



12

BELL
JUMPS

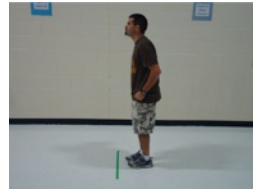
Gastrocnemius



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JUMPS

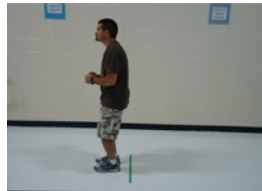
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JUMPS

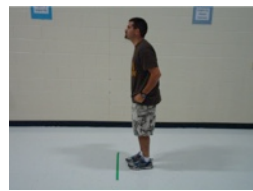
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BELL
JUMPS

Gastrocnemius

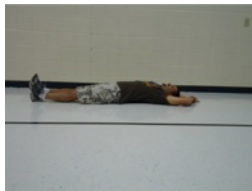


12

BELL
JUMPS

Gastrocnemius





3

**BODY
FOLDS**

Rectus Abdominis



4

**BODY
FOLDS**

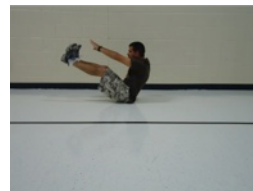
Rectus Abdominis



5

**BODY
FOLDS**

Rectus Abdominis



6

**BODY
FOLDS**

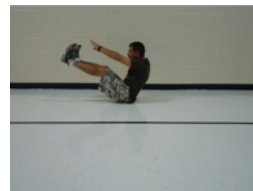
Rectus Abdominis



7

**BODY
FOLDS**

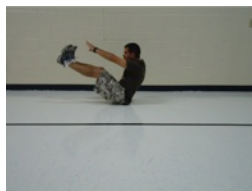
Rectus Abdominis



8

**BODY
FOLDS**

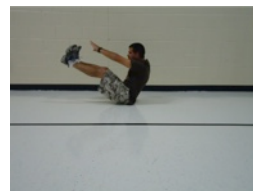
Rectus Abdominis



9

**BODY
FOLDS**

Rectus Abdominis



10

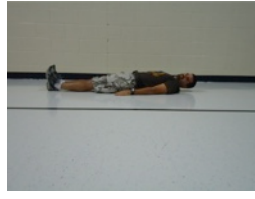
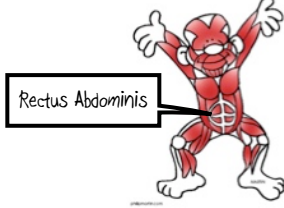
**BODY
FOLDS**

Rectus Abdominis

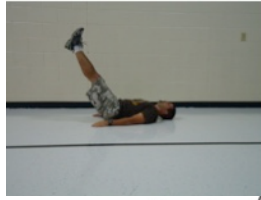
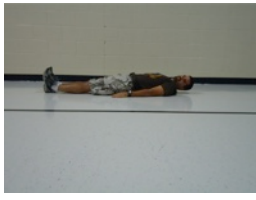
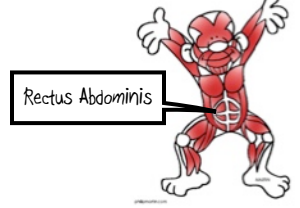




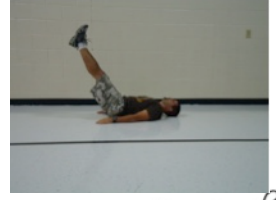
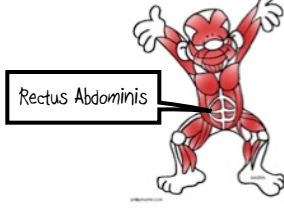
10
LEG LIFTS



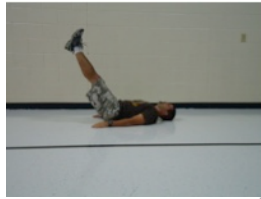
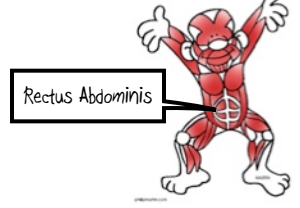
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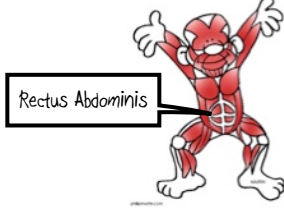
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LEG LIFTS



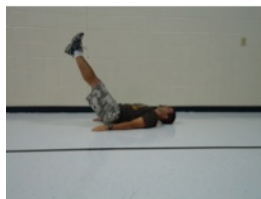
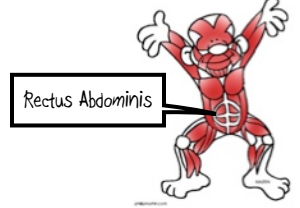
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LEG LIFTS



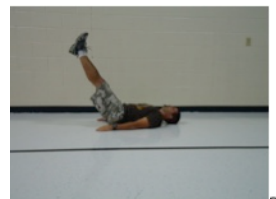
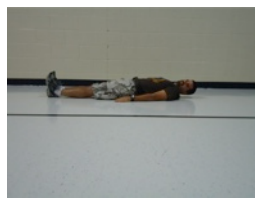
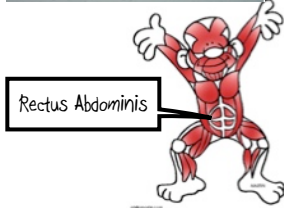
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LEG LIFTS



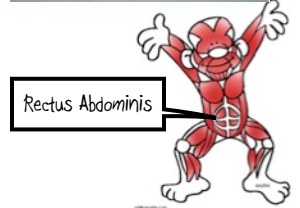
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LEG LIFTS

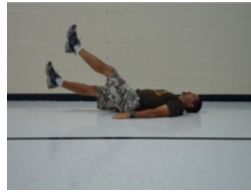


16
LEG LIFTS



17
LEG LIFTS



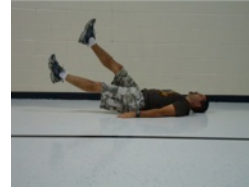
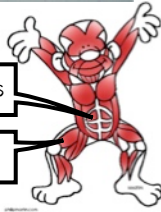


14

SCISSOR
KICKS

Rectus Abdominis

Quadriceps

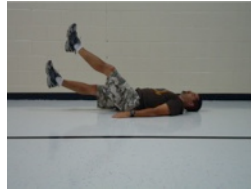
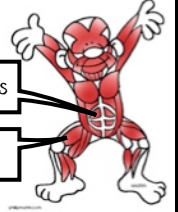


16

SCISSOR
KICKS

Rectus Abdominis

Quadriceps

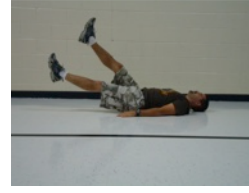
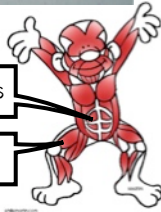


18

SCISSOR
KICKS

Rectus Abdominis

Quadriceps

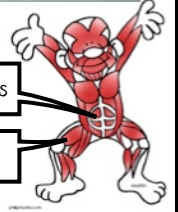


20

SCISSOR
KICKS

Rectus Abdominis

Quadriceps

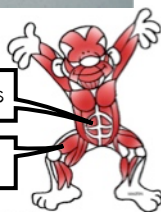


22

SCISSOR
KICKS

Rectus Abdominis

Quadriceps

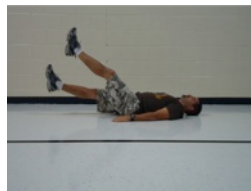
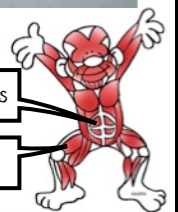


24

SCISSOR
KICKS

Rectus Abdominis

Quadriceps

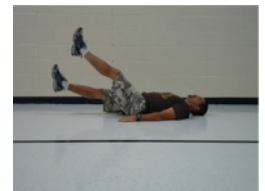
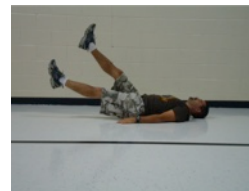
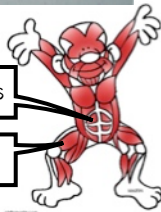


26

SCISSOR
KICKS

Rectus Abdominis

Quadriceps

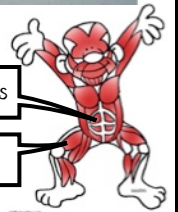


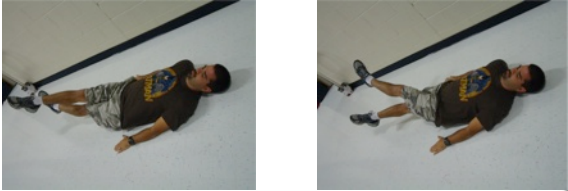
28

SCISSOR
KICKS

Rectus Abdominis

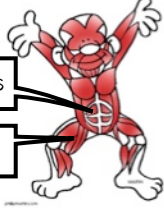
Quadriceps





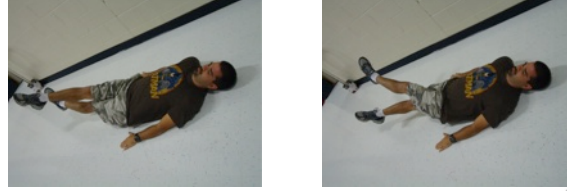
14

**CROSS
OVER**



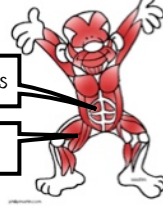
Rectus Abdominis

Adductors



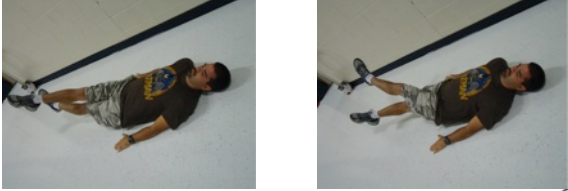
16

**CROSS
OVER**



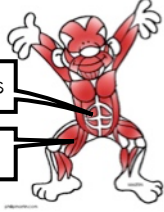
Rectus Abdominis

Adductors



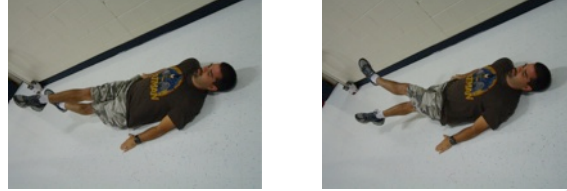
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OVER**



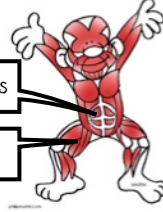
Rectus Abdominis

Adductors



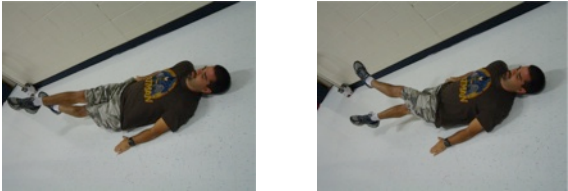
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**CROSS
OVER**



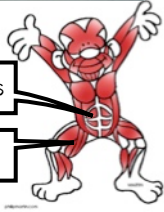
Rectus Abdominis

Adductors



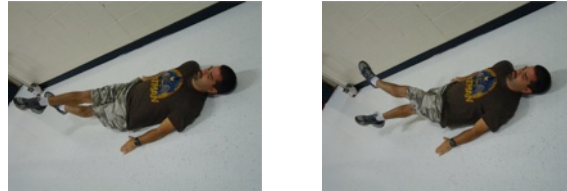
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**CROSS
OVER**



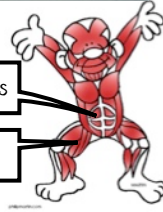
Rectus Abdominis

Adductors



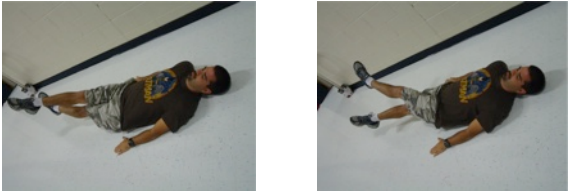
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**CROSS
OVER**



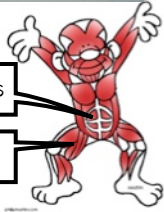
Rectus Abdominis

Adductors



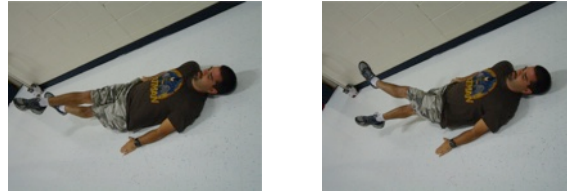
26

**CROSS
OVER**



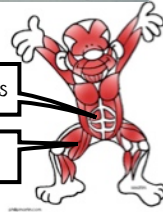
Rectus Abdominis

Adductors



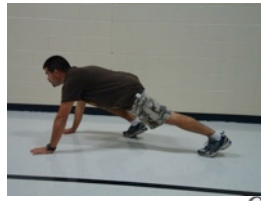
28

**CROSS
OVER**



Rectus Abdominis

Adductors

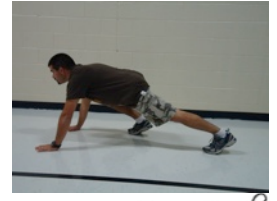
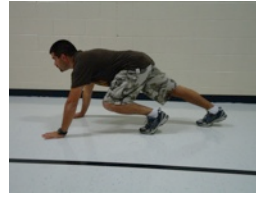


14

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

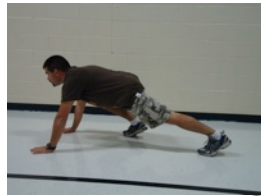


24

MOUNTAIN CLIMBERS

Pectoralis Major

Quadriceps

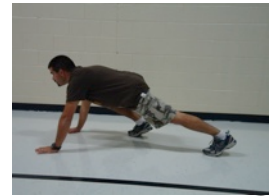
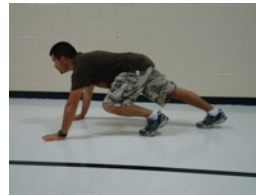


26

MOUNTAIN CLIMBERS

Pectoralis Major

Quadriceps

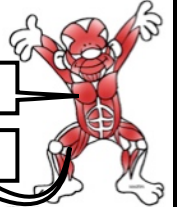


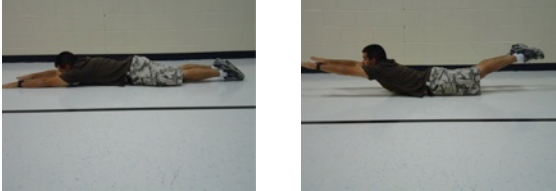
28

MOUNTAIN CLIMBERS

Pectoralis Major

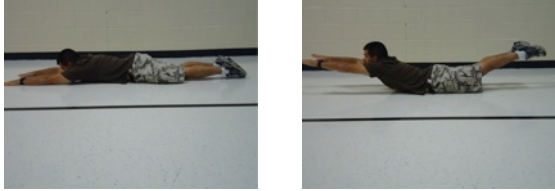

Quadriceps





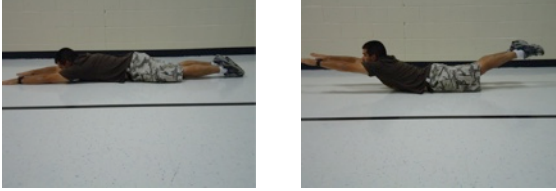

10
SUPERMAN

Latissimus Dorsi
(lower back)



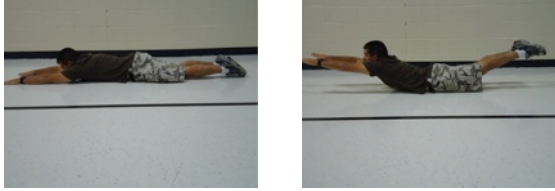

11
SUPERMAN

Latissimus Dorsi
(lower back)



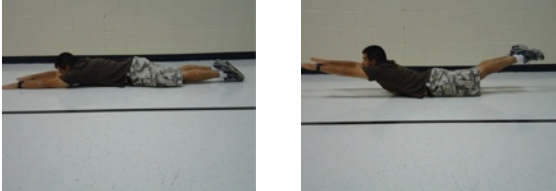

12
SUPERMAN

Latissimus Dorsi
(lower back)



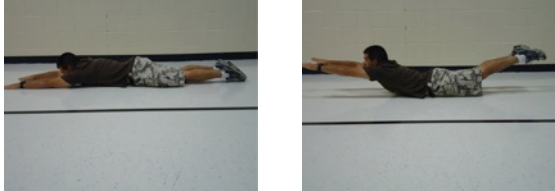

13
SUPERMAN

Latissimus Dorsi
(lower back)



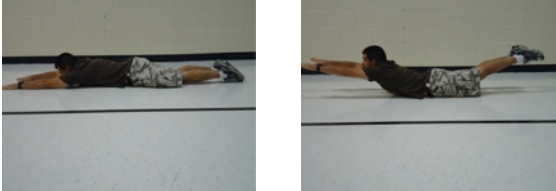
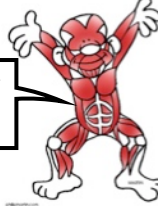
14
SUPERMAN

Latissimus Dorsi
(lower back)



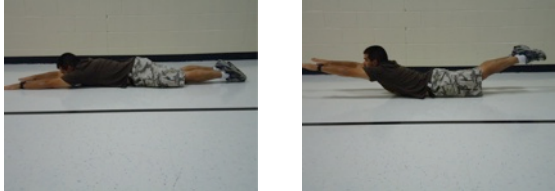

15
SUPERMAN

Latissimus Dorsi
(lower back)




16
SUPERMAN

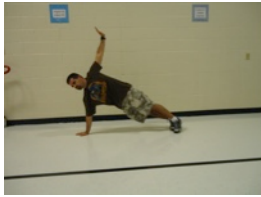
Latissimus Dorsi
(lower back)



17
SUPERMAN

Latissimus Dorsi
(lower back)

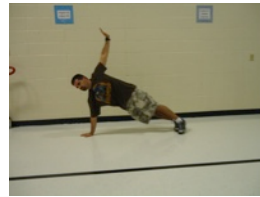




10

ARM SWITCH

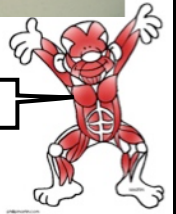
Pectoralis Major



12

ARM SWITCH

Pectoralis Major



14

ARM SWITCH

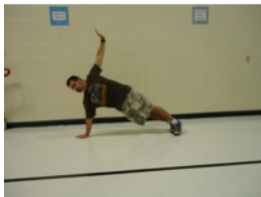
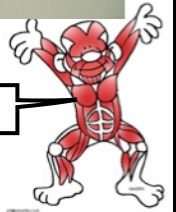
Pectoralis Major



16

ARM SWITCH

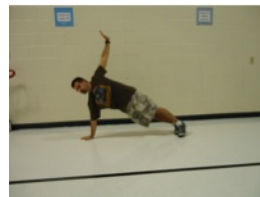
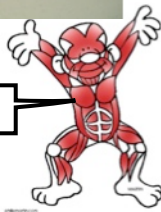
Pectoralis Major



18

ARM SWITCH

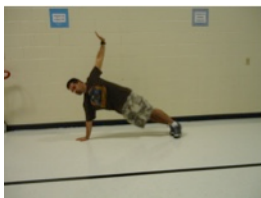
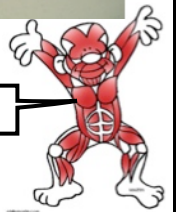
Pectoralis Major



20

ARM SWITCH

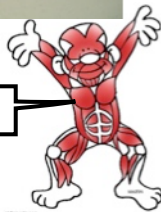
Pectoralis Major



22

ARM SWITCH

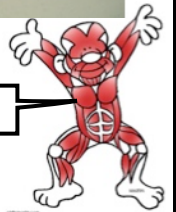
Pectoralis Major



24

ARM SWITCH

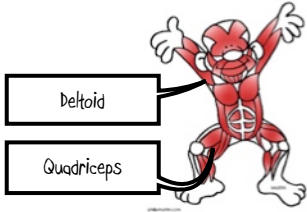
Pectoralis Major





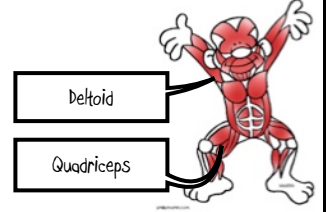
8

SWITCH
KICKS



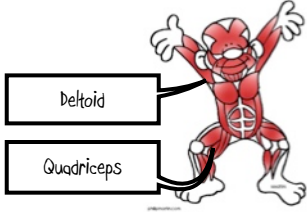
10

SWITCH
KICKS



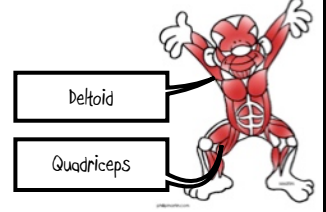
12

SWITCH
KICKS



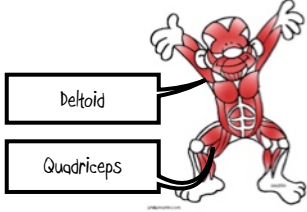
14

SWITCH
KICKS



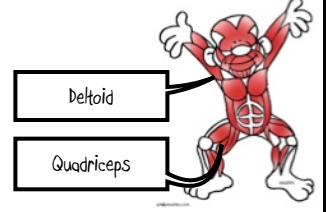
16

SWITCH
KICKS



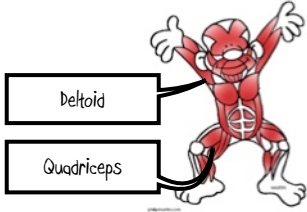
18

SWITCH
KICKS



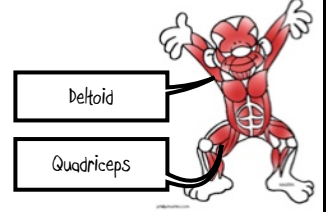
20


SWITCH
KICKS



22



SWITCH
KICKS







3
GENIE SITS

Quadriceps




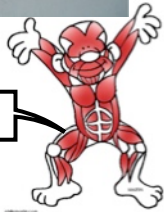
4
GENIE SITS

Quadriceps




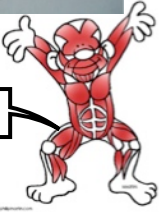
5
GENIE SITS

Quadriceps





6
GENIE SITS

Quadriceps




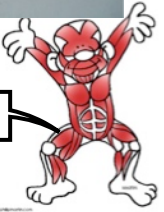
7
GENIE SITS

Quadriceps





8
GENIE SITS

Quadriceps



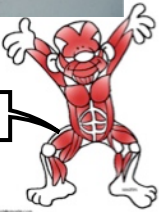
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GENIE SITS

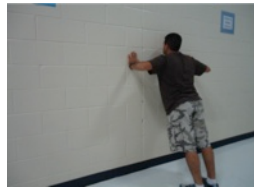
Quadriceps



10
GENIE SITS

Quadriceps

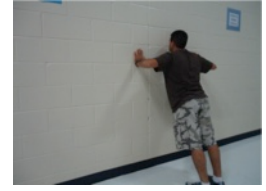
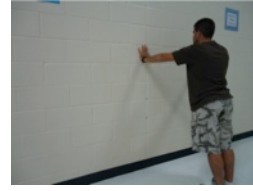
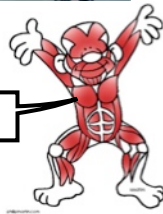




15

WALL
PUSHUPS

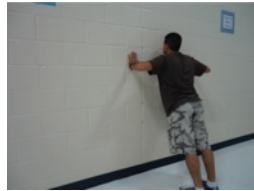
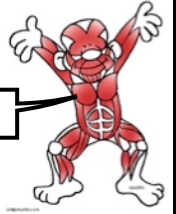
Pectoralis Major



16

WALL
PUSHUPS

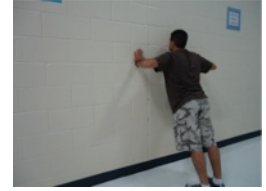
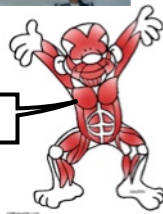
Pectoralis Major



17

WALL
PUSHUPS

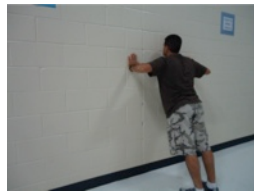
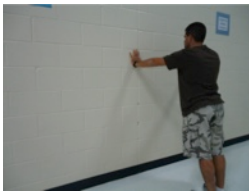
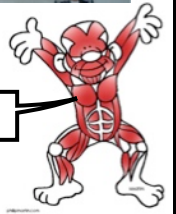
Pectoralis Major



18

WALL
PUSHUPS

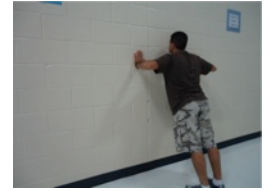
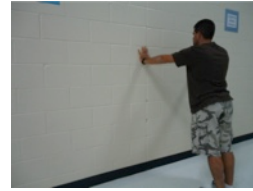
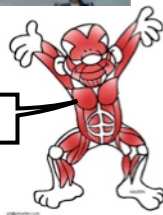
Pectoralis Major



19

WALL
PUSHUPS

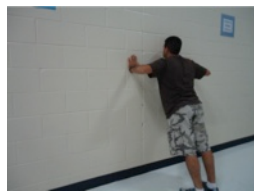
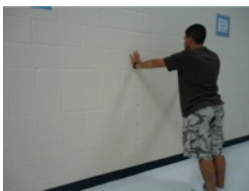
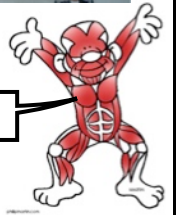
Pectoralis Major



20

WALL
PUSHUPS

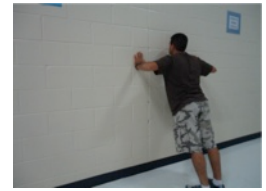
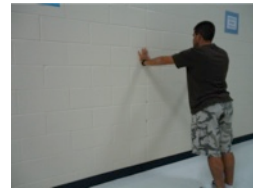
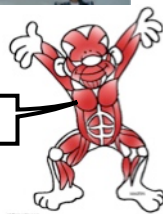
Pectoralis Major



21

WALL
PUSHUPS

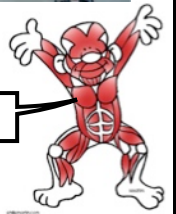
Pectoralis Major

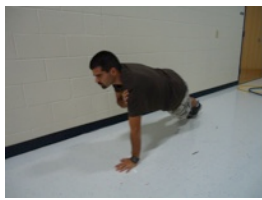
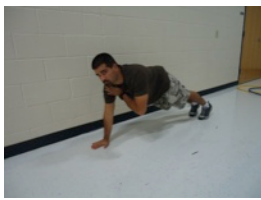


22

WALL
PUSHUPS

Pectoralis Major

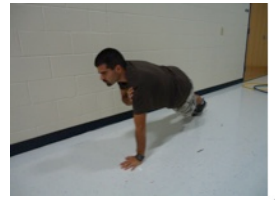
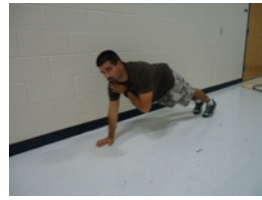
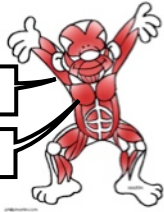




12

SHOULDER
TAPS

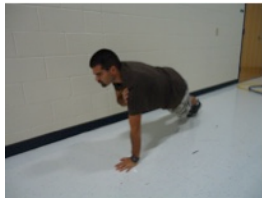
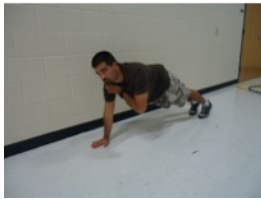
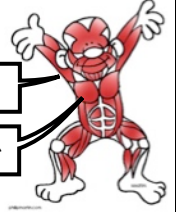
Deltoid
Pectoralis Major



14

SHOULDER
TAPS

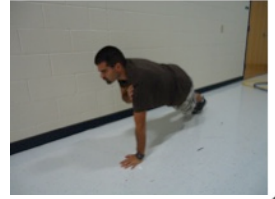
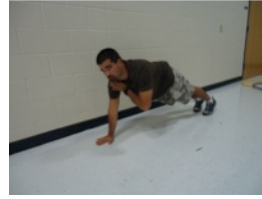
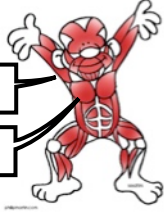
Deltoid
Pectoralis Major



16

SHOULDER
TAPS

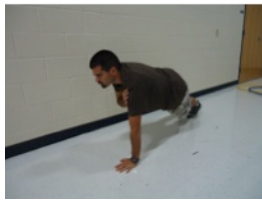
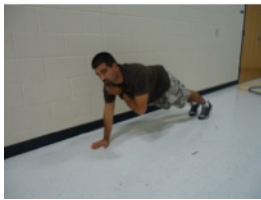
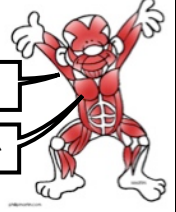
Deltoid
Pectoralis Major



18

SHOULDER
TAPS

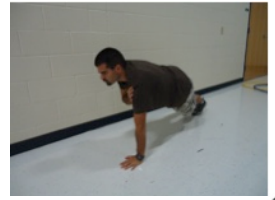
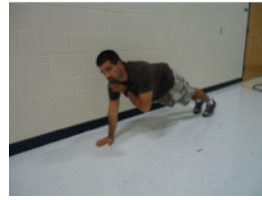
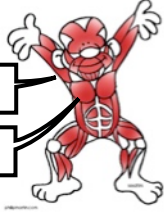
Deltoid
Pectoralis Major



20

SHOULDER
TAPS

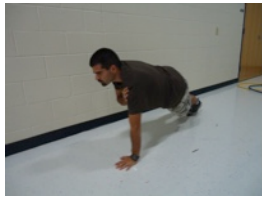
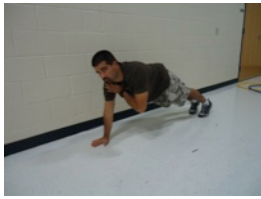
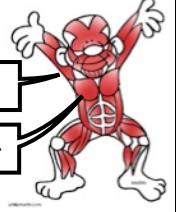
Deltoid
Pectoralis Major



22

SHOULDER
TAPS

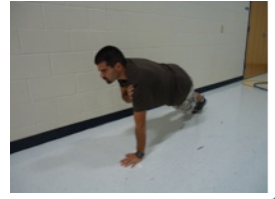
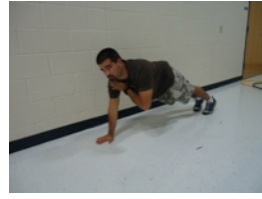
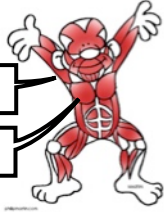
Deltoid
Pectoralis Major



24

SHOULDER
TAPS

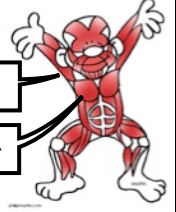
Deltoid
Pectoralis Major




26

SHOULDER
TAPS

Deltoid
Pectoralis Major



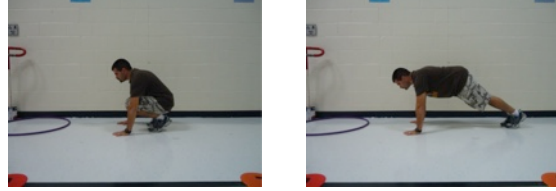



8

JUMP
PLANKS

Pectoralis Major

Gastrocnemius


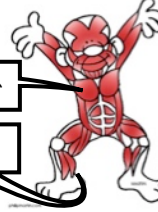


9

JUMP
PLANKS

Pectoralis Major

Gastrocnemius

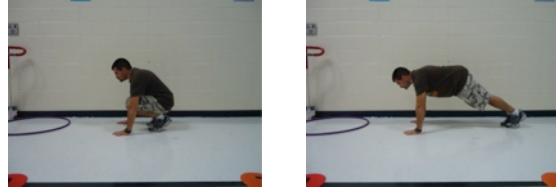



10

JUMP
PLANKS

Pectoralis Major

Gastrocnemius





11

JUMP
PLANKS

Pectoralis Major

Gastrocnemius

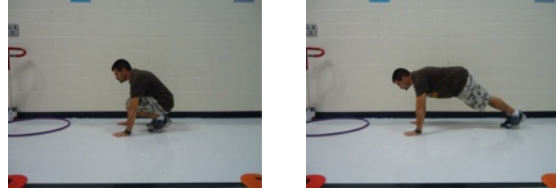



12

JUMP
PLANKS

Pectoralis Major

Gastrocnemius





13

JUMP
PLANKS

Pectoralis Major

Gastrocnemius





14

JUMP
PLANKS

Pectoralis Major

Gastrocnemius

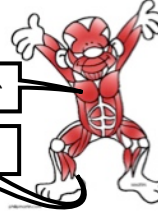


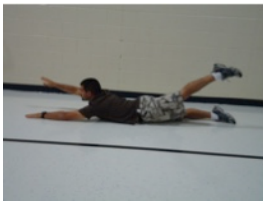
15

JUMP
PLANKS

Pectoralis Major

Gastrocnemius





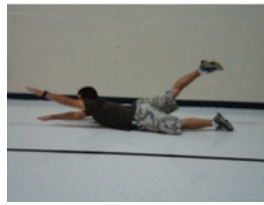
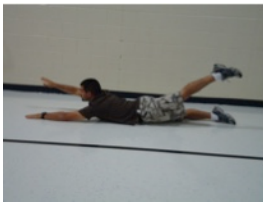
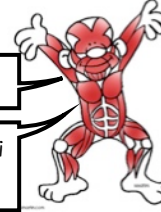
10
SWIMMER

Deltoid
Latissimus Dorsi
(lower back)



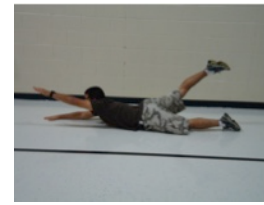
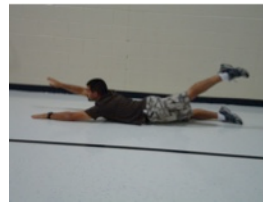
11
SWIMMER

Deltoid
Latissimus Dorsi
(lower back)



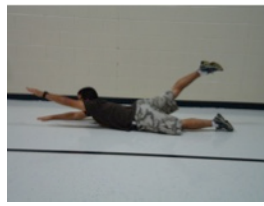
12
SWIMMER

Deltoid
Latissimus Dorsi
(lower back)



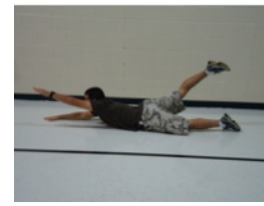
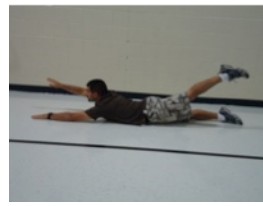
13
SWIMMER

Deltoid
Latissimus Dorsi
(lower back)



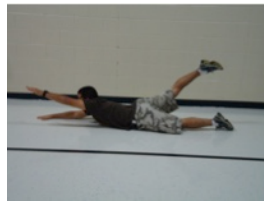
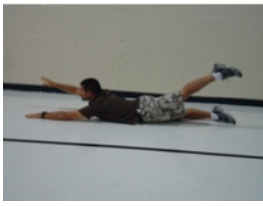
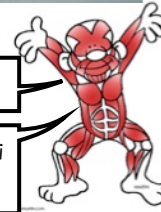
14
SWIMMER

Deltoid
Latissimus Dorsi
(lower back)



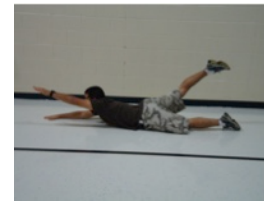
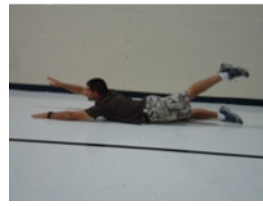
15
SWIMMER

Deltoid
Latissimus Dorsi
(lower back)



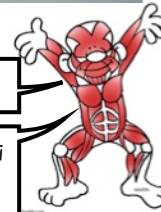
16
SWIMMER

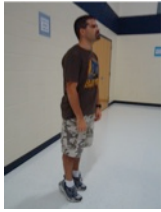
Deltoid
Latissimus Dorsi
(lower back)



17
SWIMMER

Deltoid
Latissimus Dorsi
(lower back)

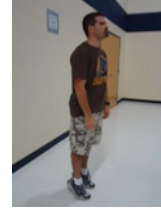




15

**CALF
RAISES**

Gastrocnemius



16

**CALF
RAISES**

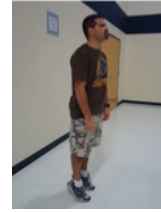
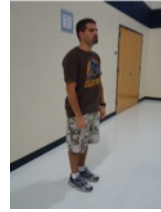
Gastrocnemius



17

**CALF
RAISES**

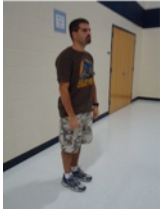
Gastrocnemius



18

**CALF
RAISES**

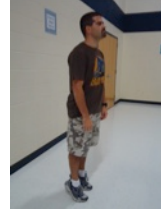
Gastrocnemius



19

**CALF
RAISES**

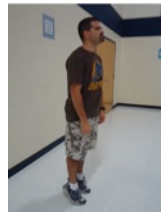
Gastrocnemius



20

**CALF
RAISES**

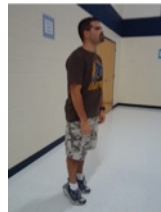
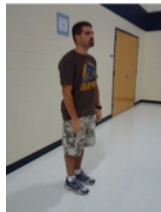
Gastrocnemius



21

**CALF
RAISES**

Gastrocnemius

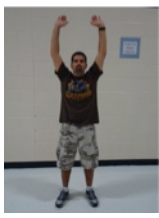
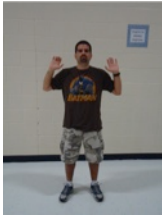


22

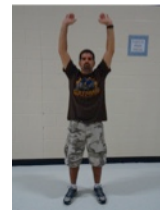
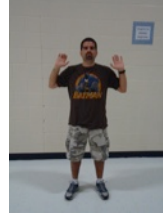
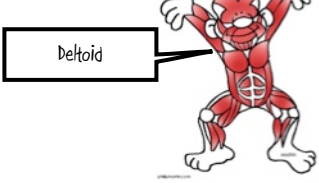
**CALF
RAISES**

Gastrocnemius

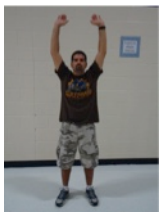
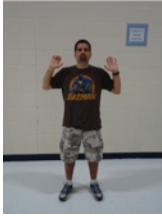
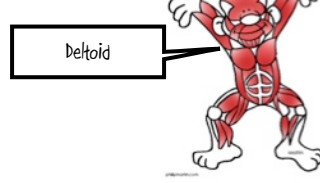




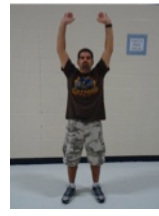
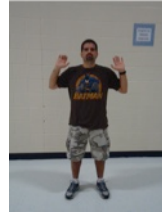
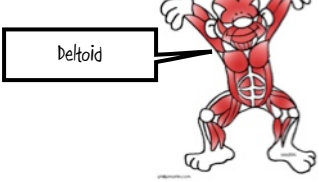
15
SHOULDER
PRESS



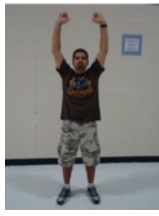
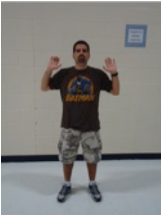
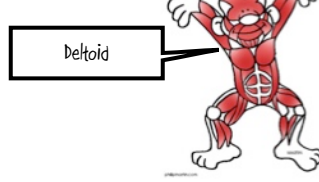
16
SHOULDER
PRESS



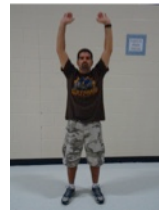
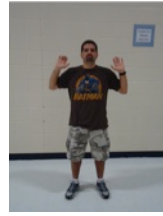
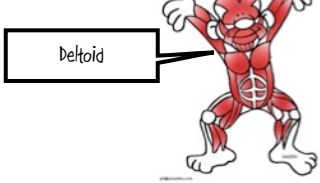
17
SHOULDER
PRESS



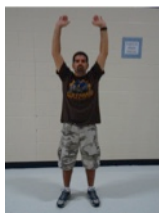
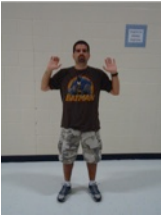
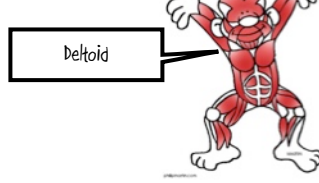
18
SHOULDER
PRESS



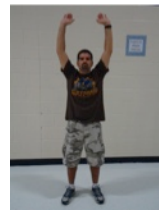
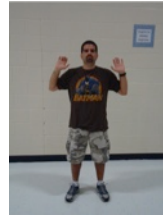
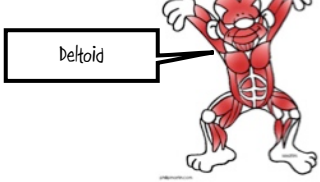
19
SHOULDER
PRESS



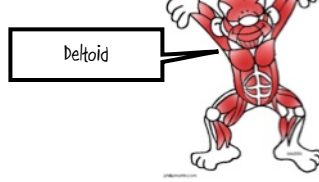
20
SHOULDER
PRESS

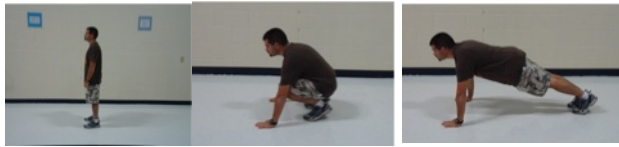


21
SHOULDER
PRESS

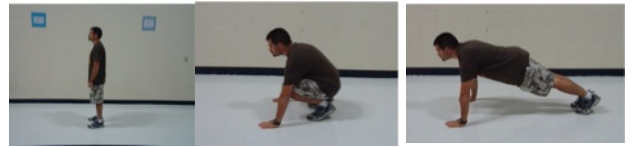
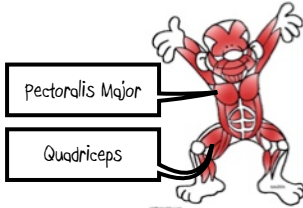


22
SHOULDER
PRESS

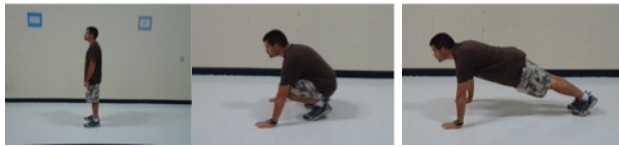
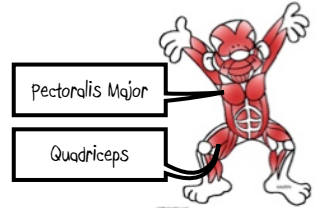




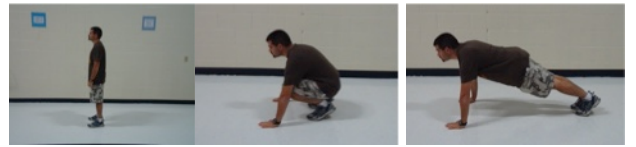
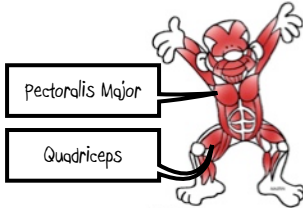
10
SQUAT
THRUST



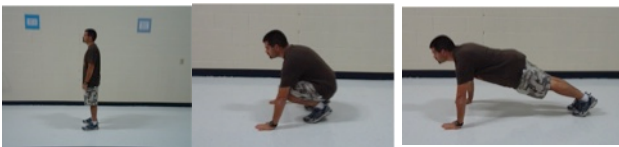
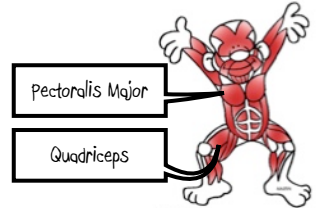
11
SQUAT
THRUST



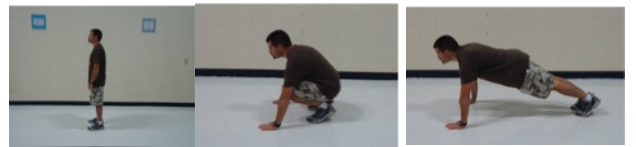
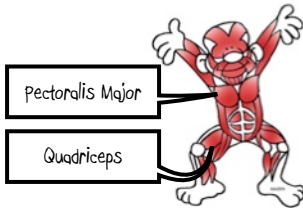
12
SQUAT
THRUST



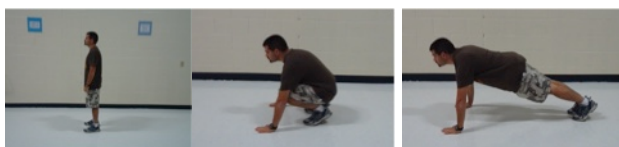
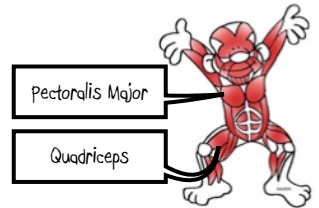
13
SQUAT
THRUST



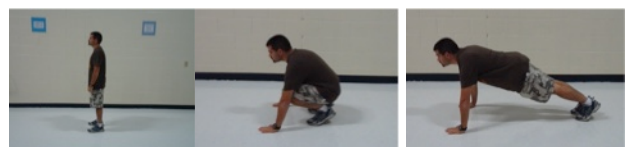
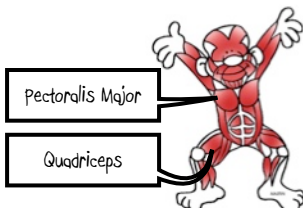
14
SQUAT
THRUST



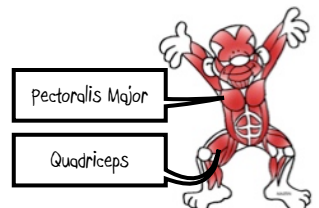
15
SQUAT
THRUST



16
SQUAT
THRUST



17
SQUAT
THRUST





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

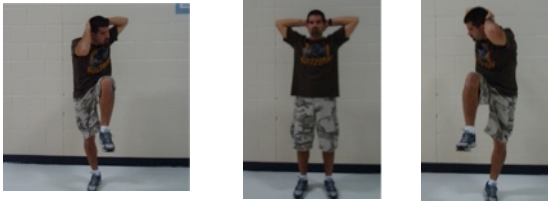
Deltoid
Quadriceps



26
QUADRAPLEX

Deltoid
Quadriceps



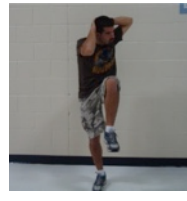
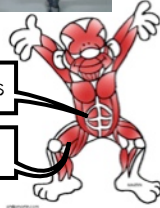


12

STEAM
ENGINES

Rectus Abdominis

Quadriceps

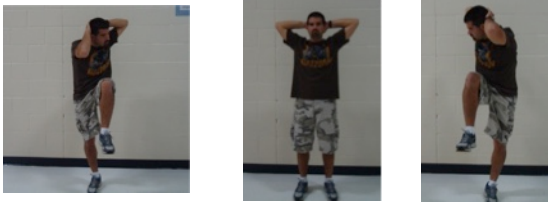
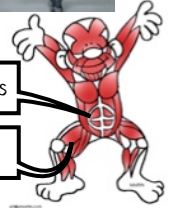


14

STEAM
ENGINES

Rectus Abdominis

Quadriceps

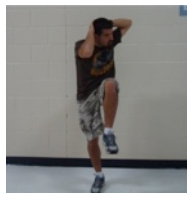
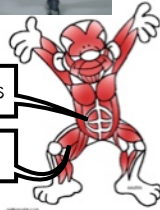


16

STEAM
ENGINES

Rectus Abdominis

Quadriceps

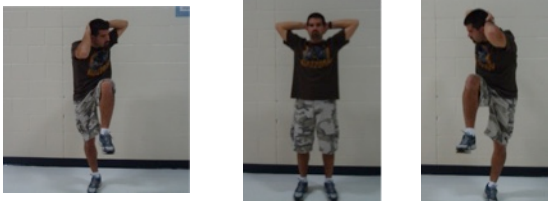
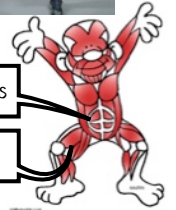


18

STEAM
ENGINES

Rectus Abdominis

Quadriceps

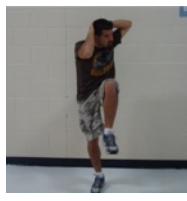


20

STEAM
ENGINES

Rectus Abdominis

Quadriceps

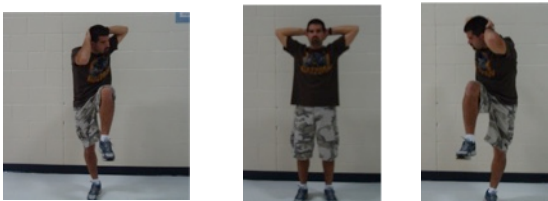
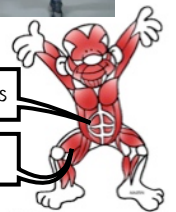


22

STEAM
ENGINES

Rectus Abdominis

Quadriceps

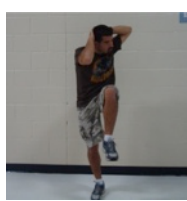


24

STEAM
ENGINES

Rectus Abdominis

Quadriceps



26

STEAM
ENGINES

Rectus Abdominis

Quadriceps

