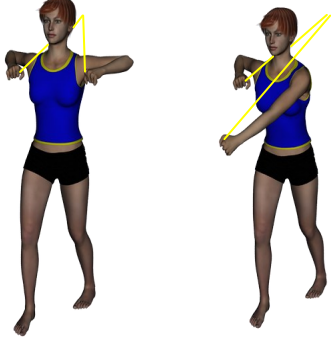


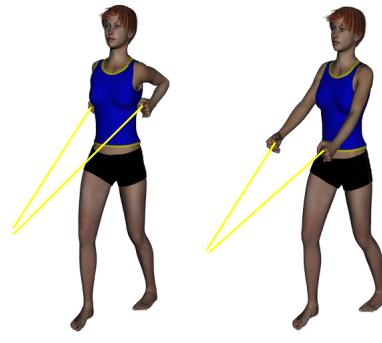
1 Arm Chest Press



1

2

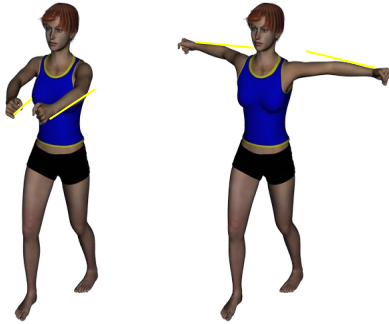
Low Row



1

2

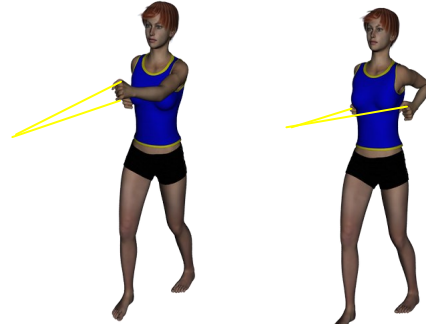
Chest Fly



1

2

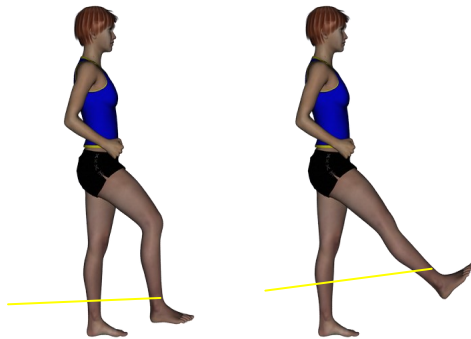
1 Arm Row



1

2

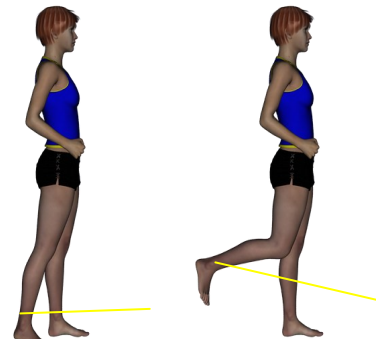
Quad Kick



1

2

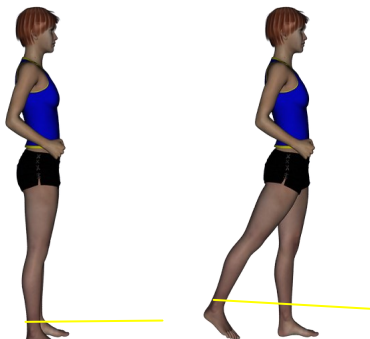
Hamstring Kick



1

2

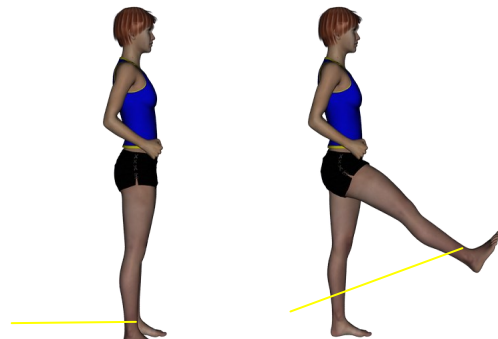
Glute Kick



1

2

Hip Flexor Kick



1

2