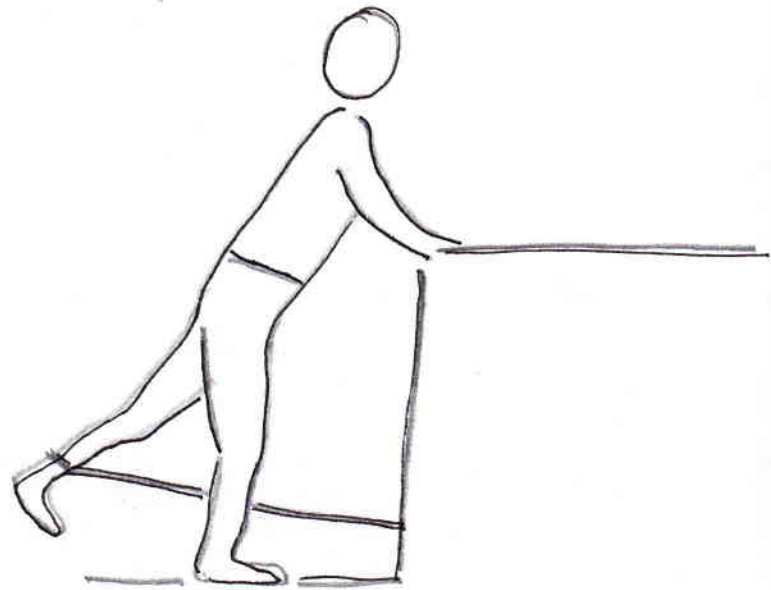
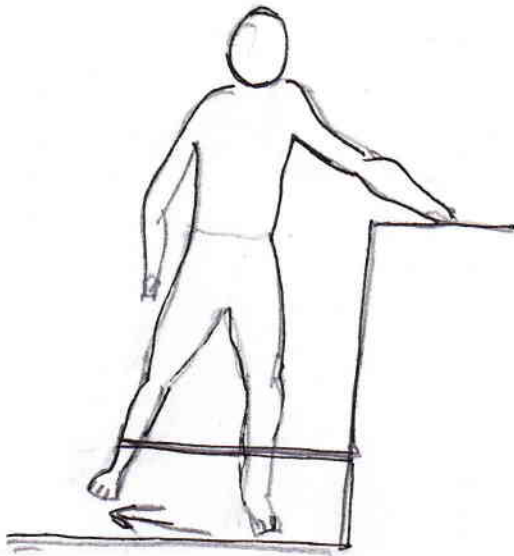
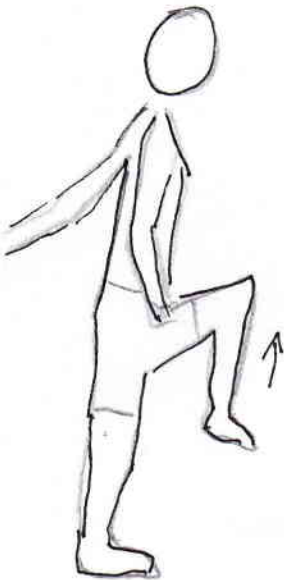
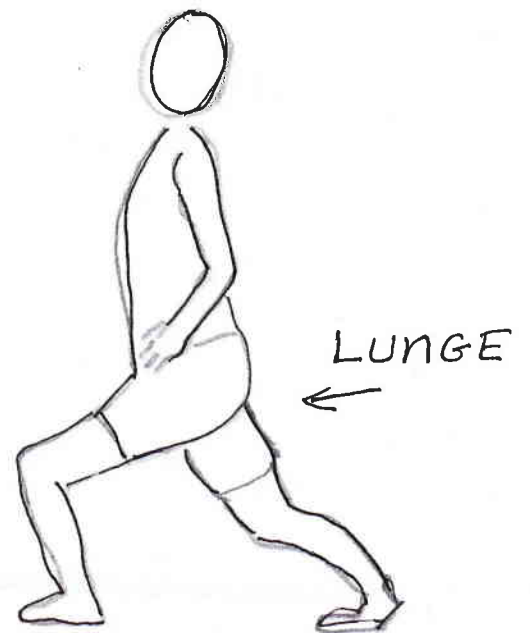




ELASTIC BAND PULLS



LEG
LIFT



LUNGE