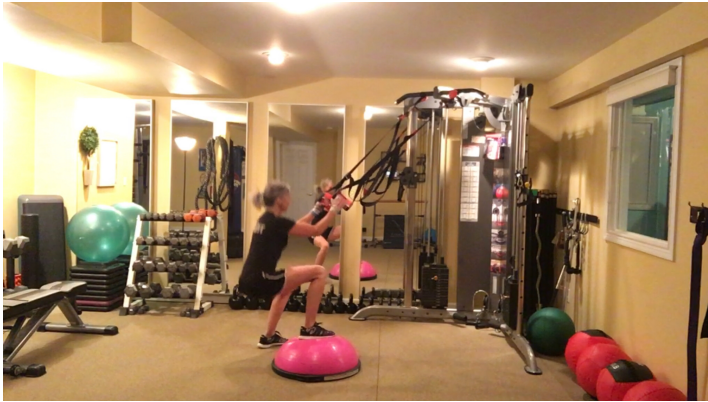


Bosu Suspension Training



Straddle squat w/side leg lift



Pull ups