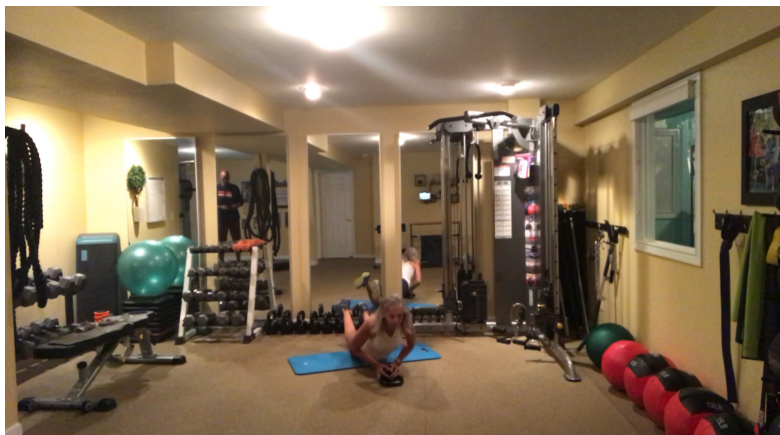




“V” sit shoulder press



Overhead triceps press



Close grip push up