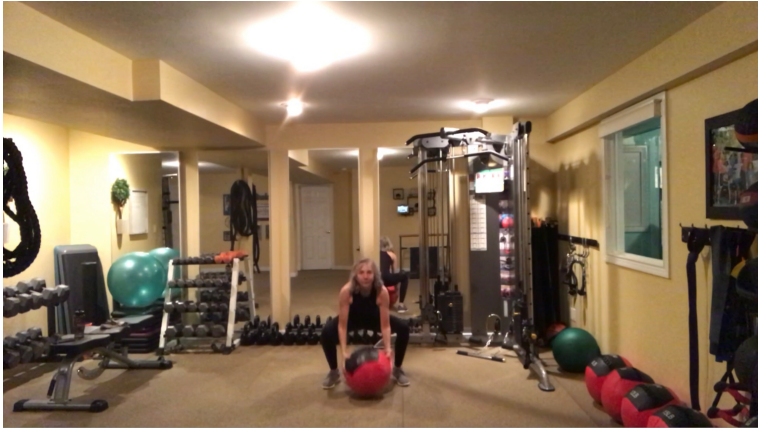




Triceps extension to floor



Side plank w/leg lift