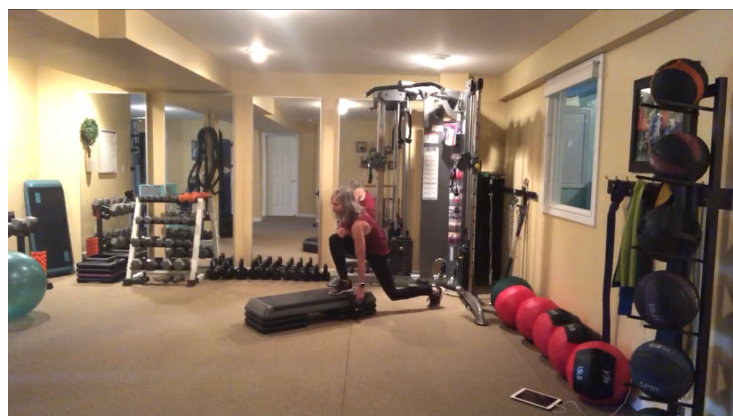


Plank jacks



Lunge, bent over row, stand up

