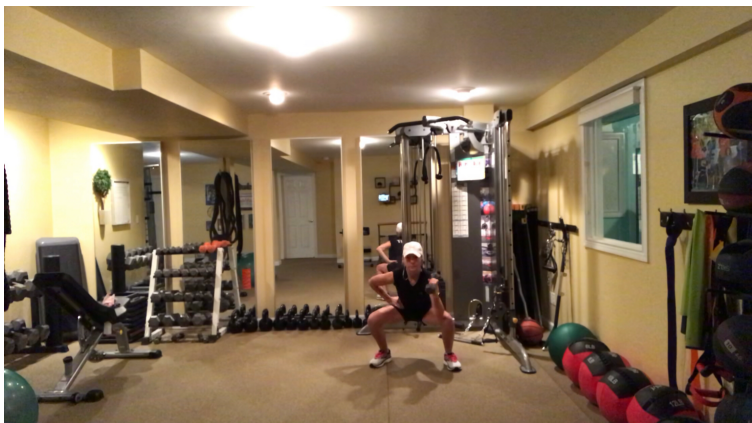




Plank w/ triceps kickback to push up



Side step w/biceps curl