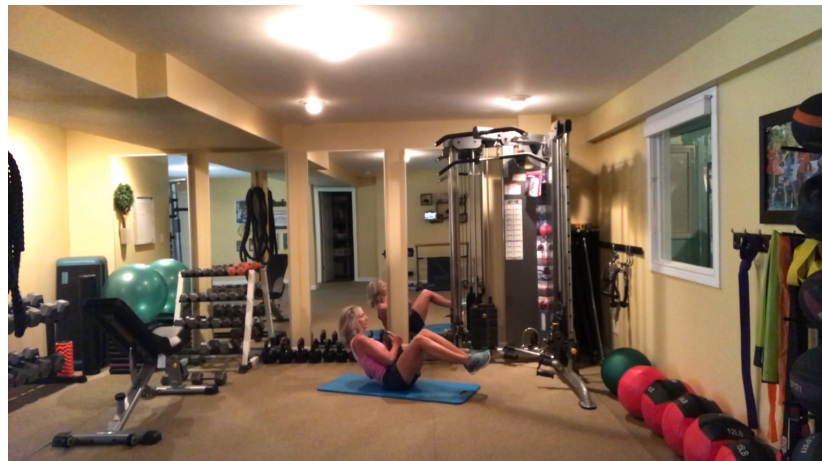


Just a Plate!



Reverse lunge w/ biceps curls and straight arm front raises



"V" sit - single, single, double