

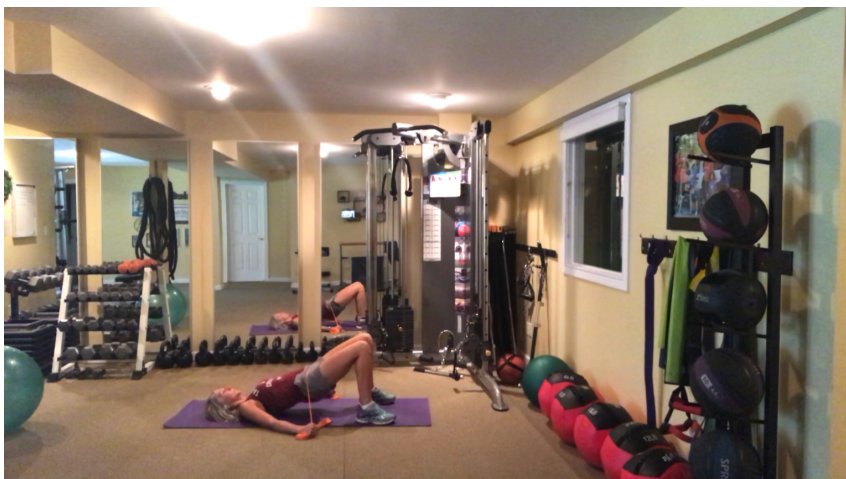
# Floor Resistance



Triceps press



Biceps curls



Bridges