



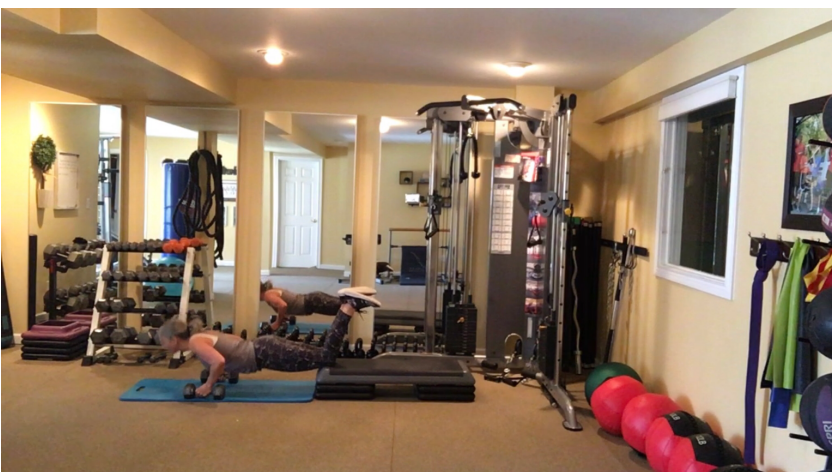
1. Lunge



2. Bent over row



3. Stand



Decline knee push up