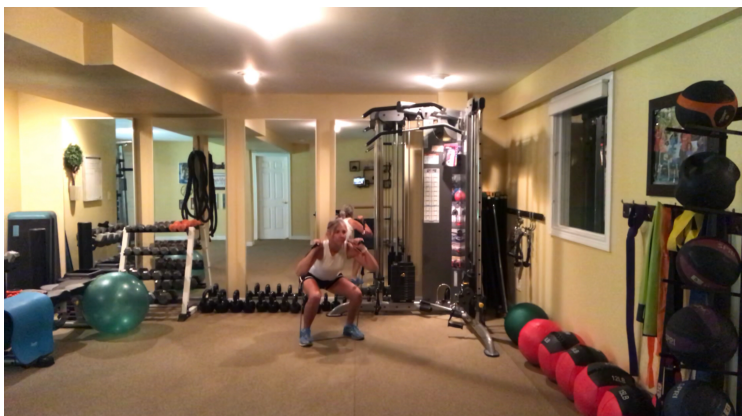




Banded bridges



Shoulder press



Banded squats