

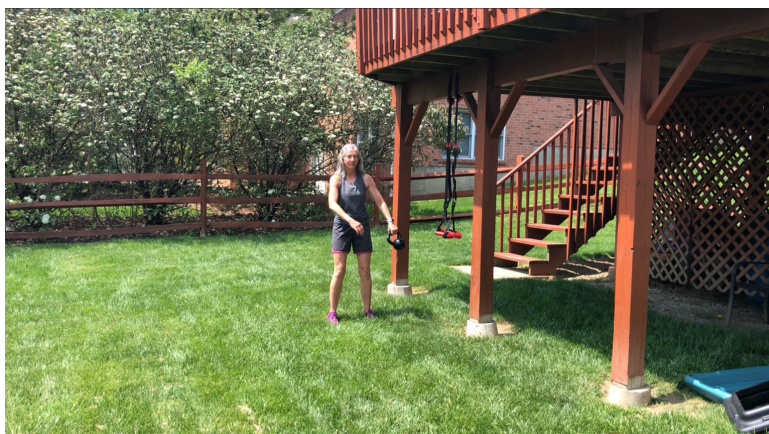
Suspension Kettlebell



Pistol squats



Push ups



Around the world