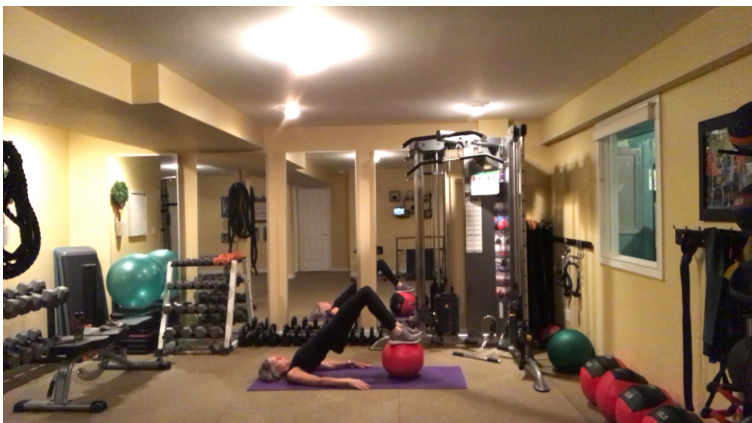


Deep squat w/elbow press



Elevated bridge