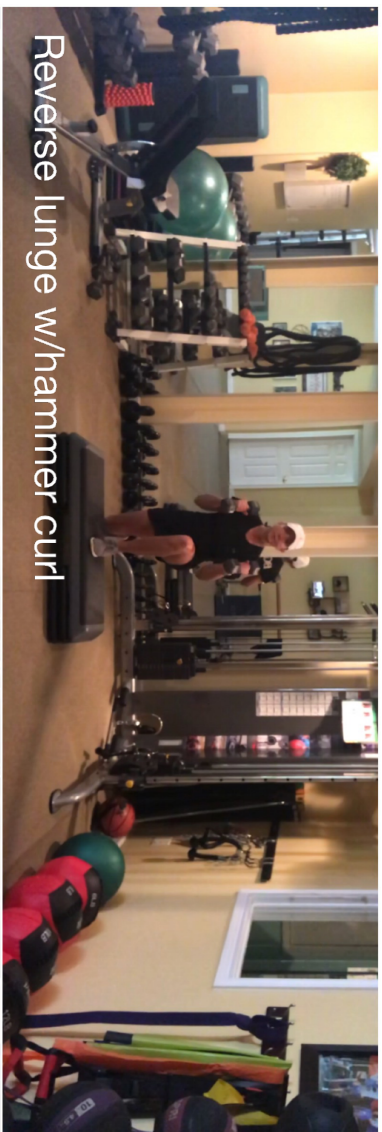


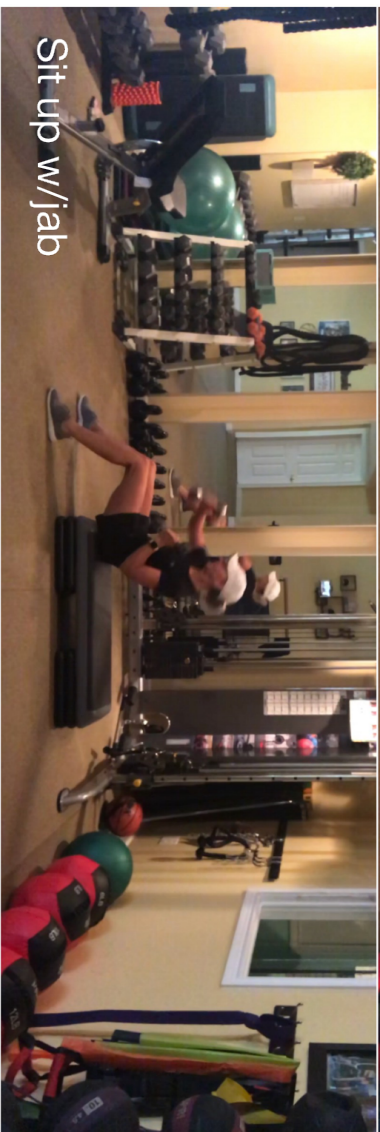
Step Dumbbell Workout



Reverse lunge w/hammer curl



Straddle push ups



Sit up w/jab