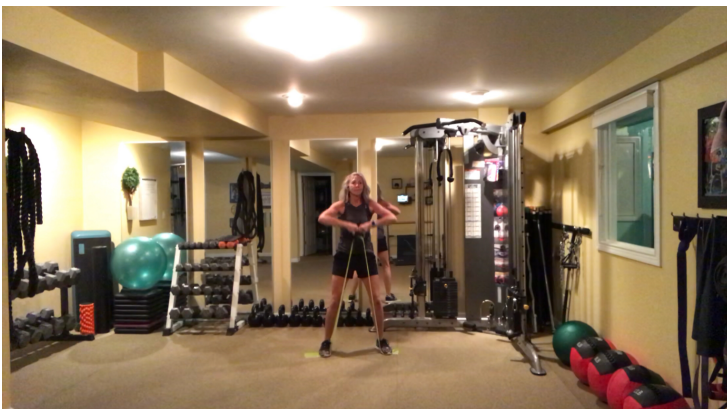




Side step w/shoulder press



Upright rows