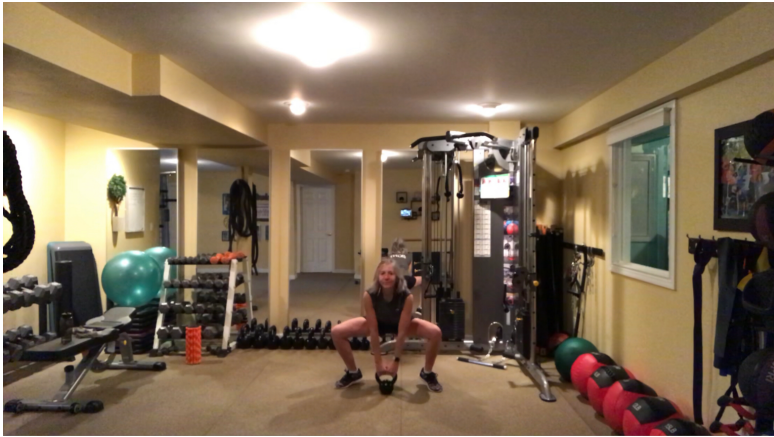


# Just a Girl and a Kettlebell



Tiptoe plié w/upright row



Bent over rows