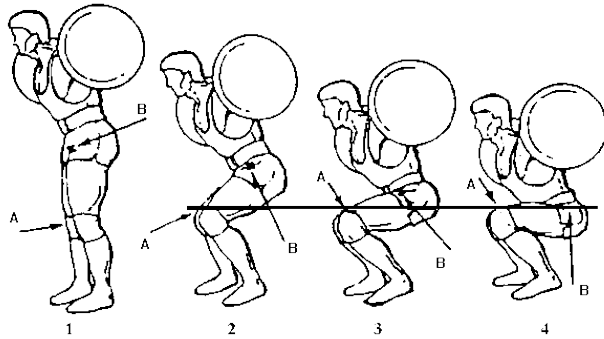
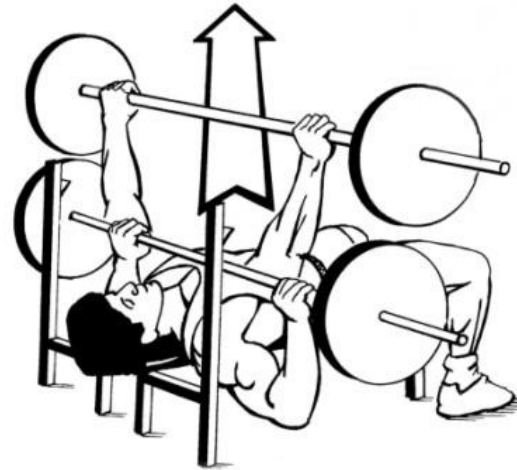


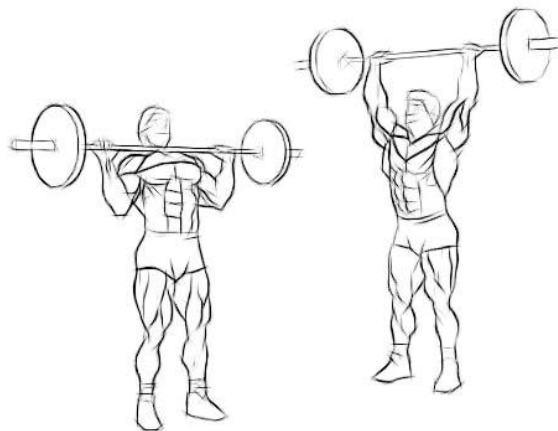
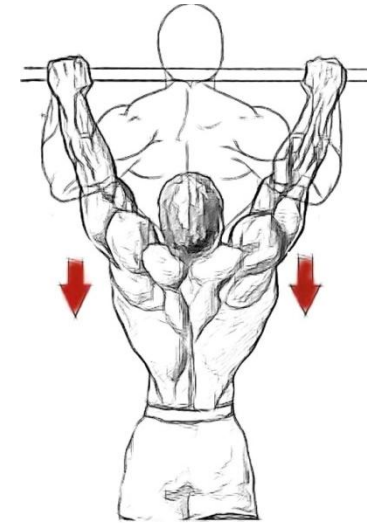
**Squats**



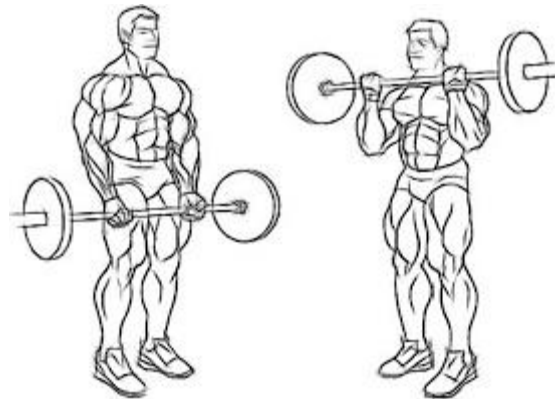
**Bench Press**



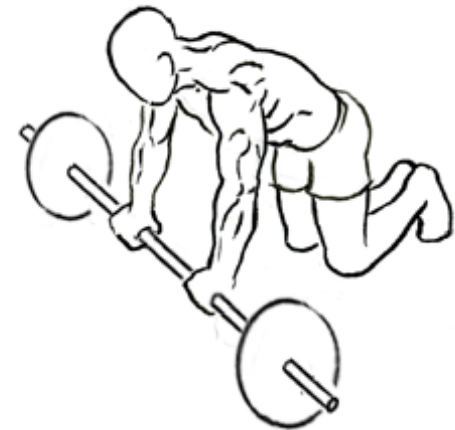
**Pull Ups**



**Military Press**

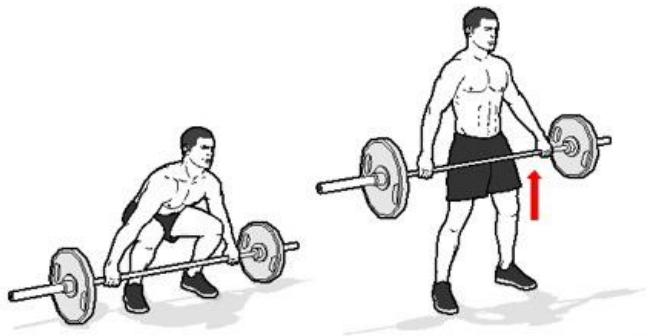


**Barbell Curls**

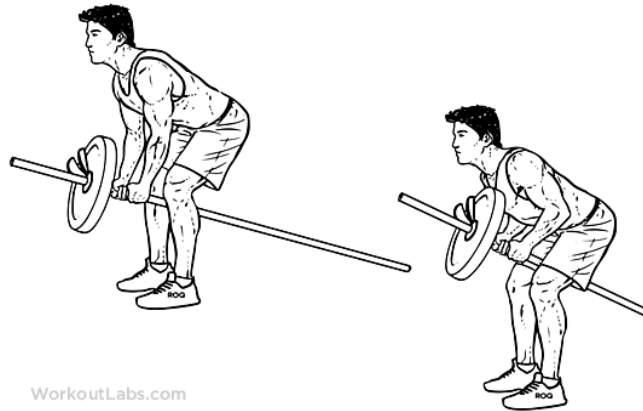


**Ab Rollout**

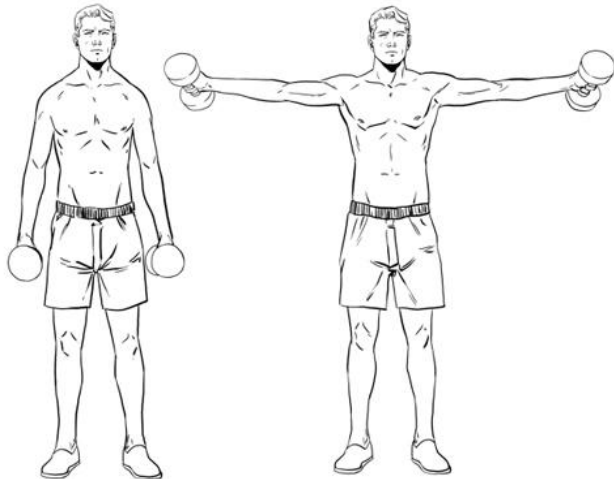
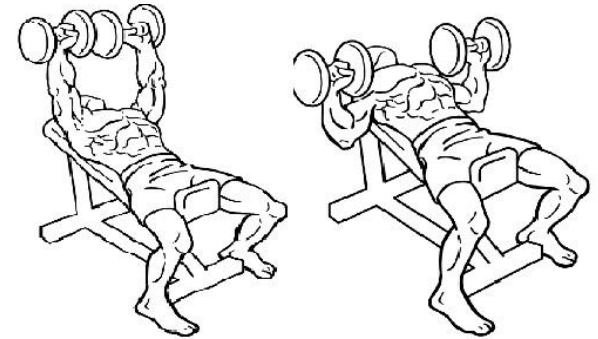
**Deadlifts**



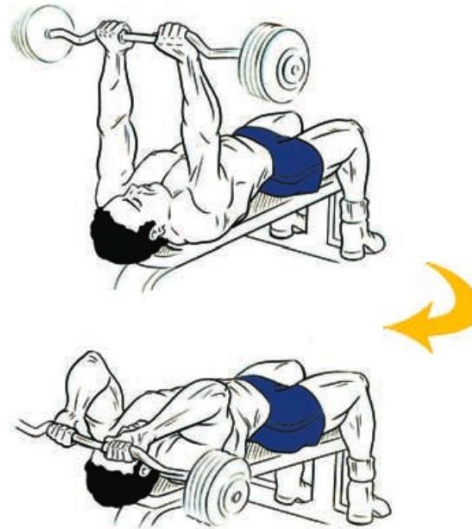
**Bent Over Two Arms**



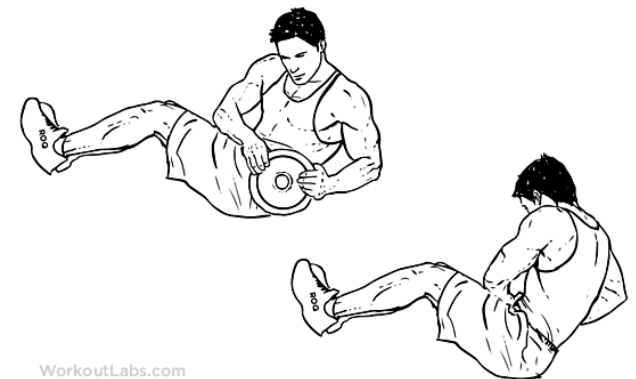
**Dumbbell Incline Bench Press**



**Lateral Raises**

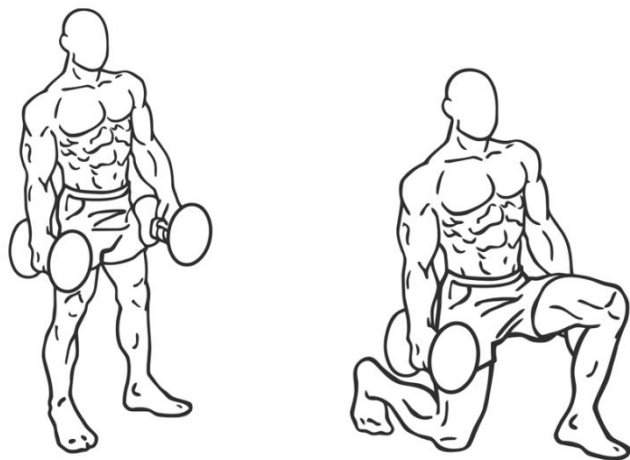


**Barbell Triceps Extension**

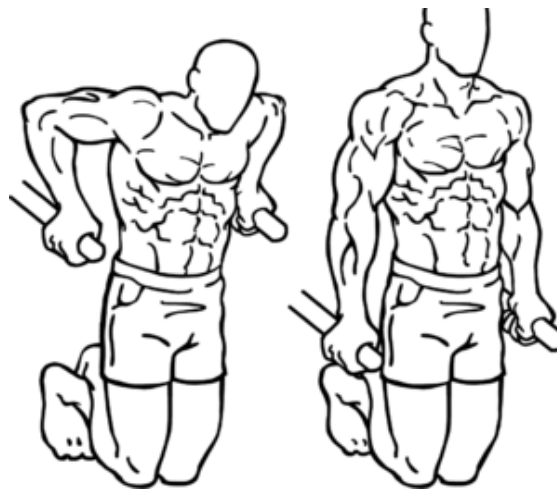


**Plate Twists**

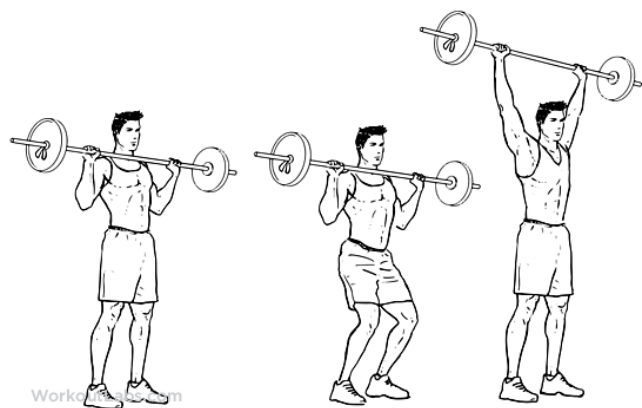
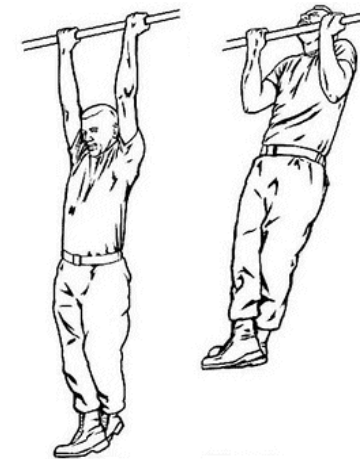
**Lunges**



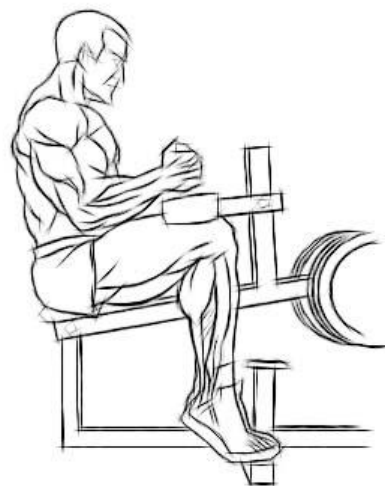
**Dips**



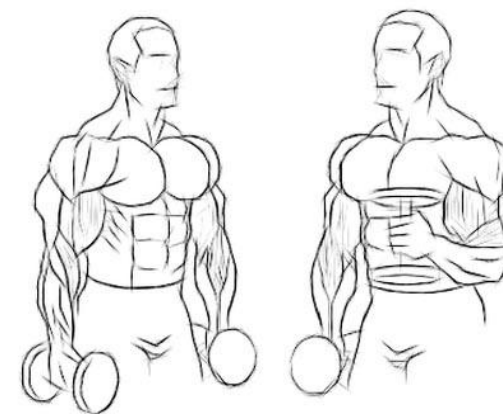
**Chin Ups**



**Push Press**



**Seated Calf Raises**



**Hammer Curls**