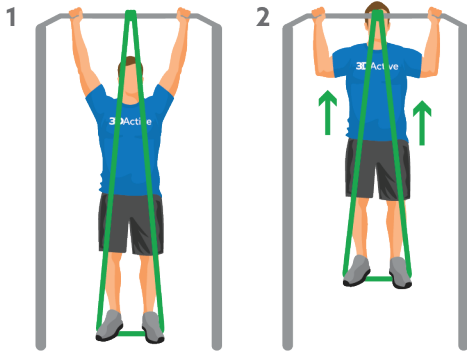
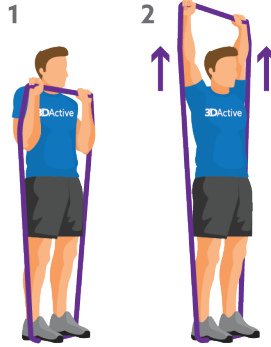


ARMS

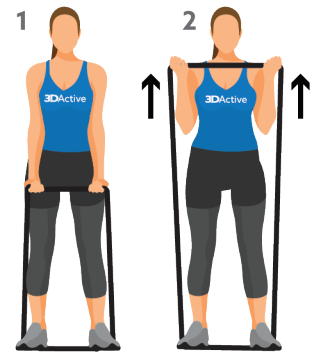
ASSISTED PULL UPS



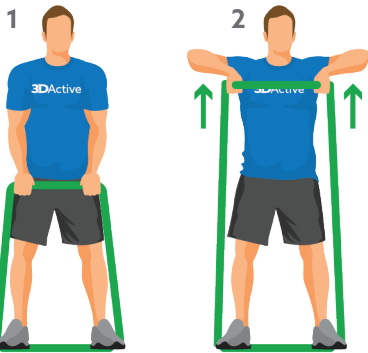
SHOULDER PRESS



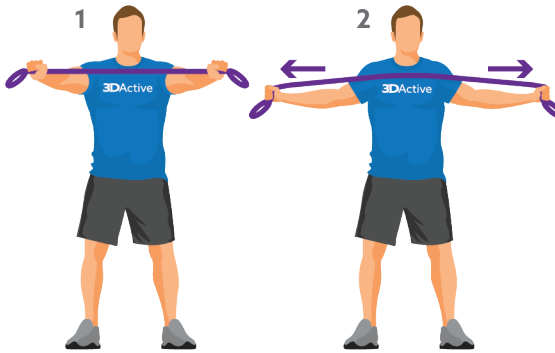
BICEPS CURLS



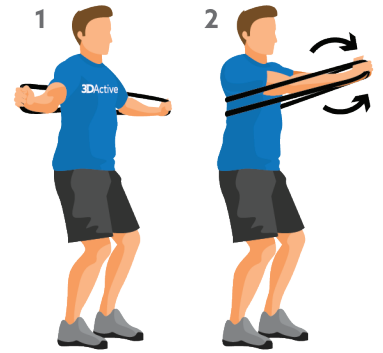
UPRIGHT ROW



PULL APARTS

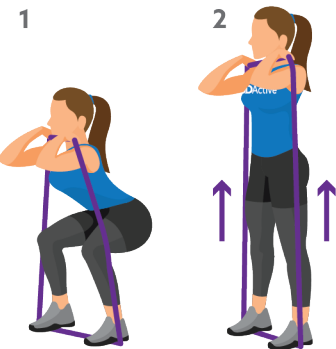


CHEST FLY

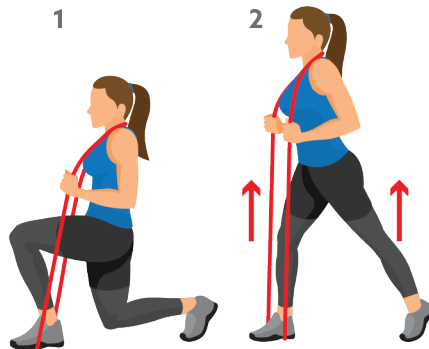


LEGS

SQUATS

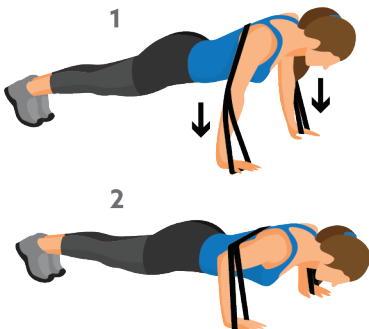


SPLIT LUNGES

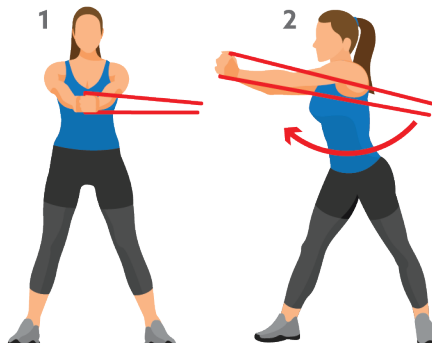


CORE

PUSH UPS



ROTATIONS



! SAFETY WARNING

The exercises described in the Exercise Guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

CUSTOMER SUPPORT

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