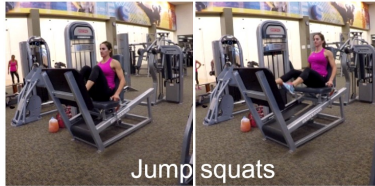




Kettlebell snatch



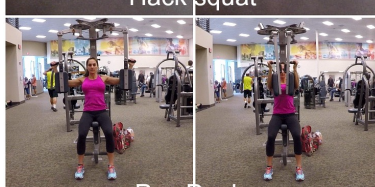
Jump squats



Bridge thrust



Hack squat



Pec Deck



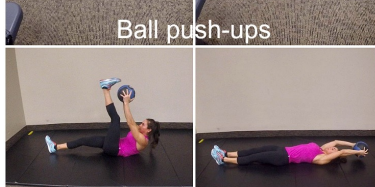
Decline DB chest press



Barbell Incline chest press



Ball push-ups



Abs