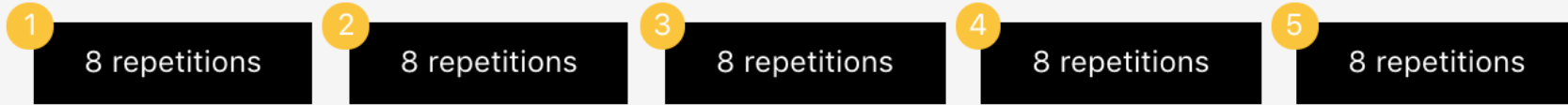


Set pause: 2

**NORMAL SET**

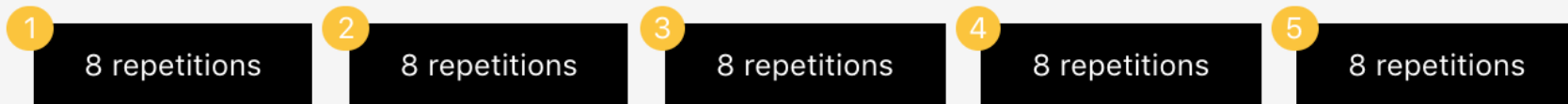
**hurdle jumps**



Set pause: 2

**NORMAL SET**

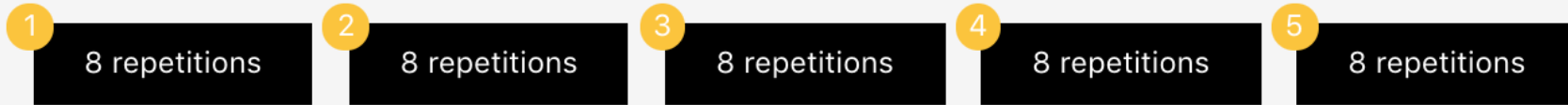
**rows**



Set pause: 2

**NORMAL SET**

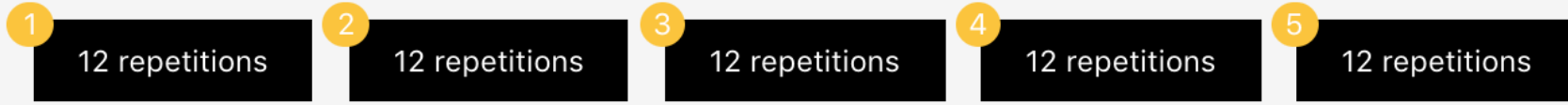
**incline pushups**



Set pause: 2

**NORMAL SET**

**supine tuck leg lifts**



Set pause: 2

**NORMAL SET**

**half crunches**

