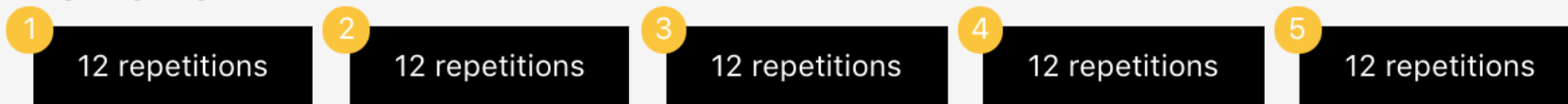


Set pause: 2

NORMAL SET

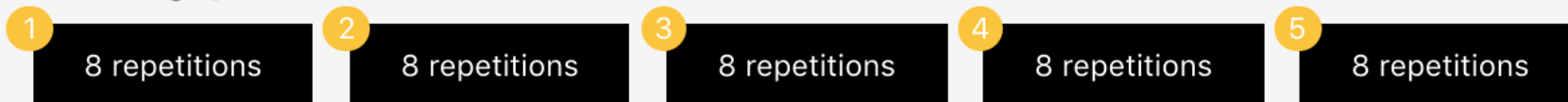
squat jumps



Set pause: 2

NORMAL SET

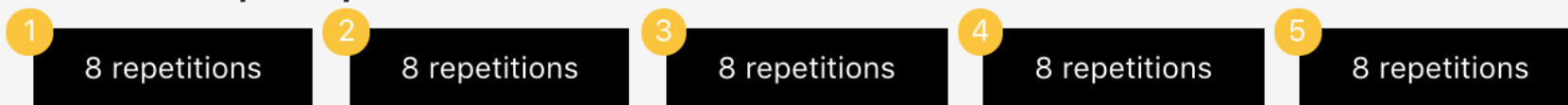
reverse grip rows



Set pause: 2

NORMAL SET

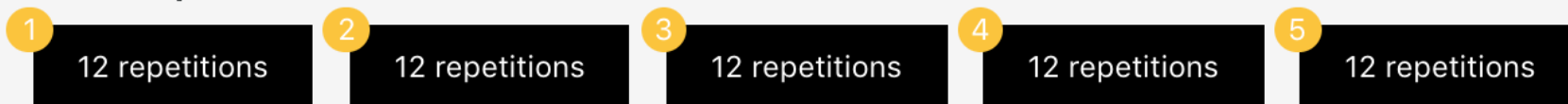
incline wide pushups



Set pause: 2

NORMAL SET

tuck V-ups



Set pause: 2

NORMAL SET

max effort plank

