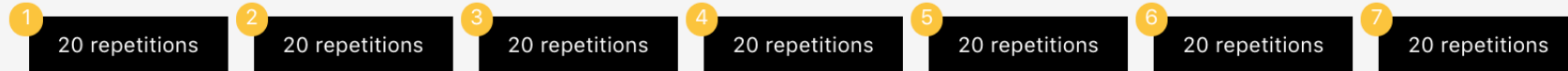


Set pause: 2

NORMAL SET

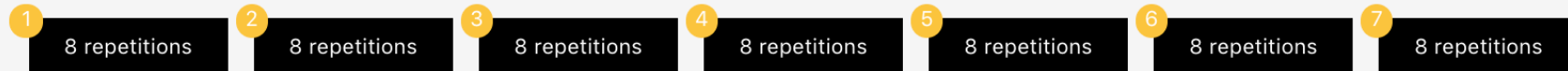
step ups



Set pause: 2

NORMAL SET

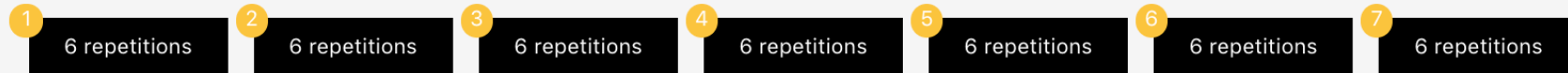
elevated rows



Set pause: 2

NORMAL SET

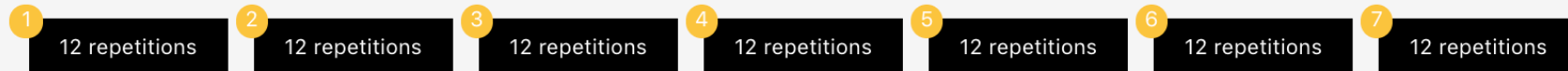
pushups



Set pause: 2

NORMAL SET

supine leg lifts



Set pause: 2

NORMAL SET

mountain climbers

