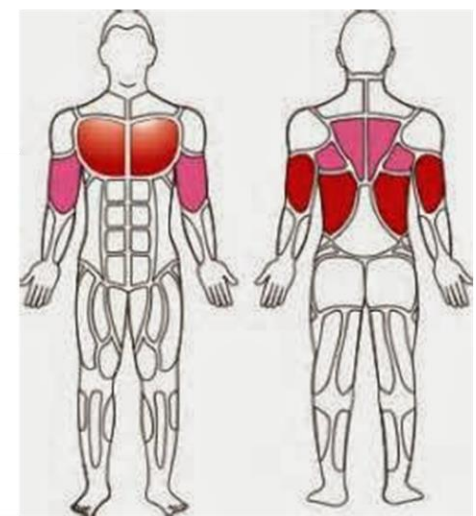
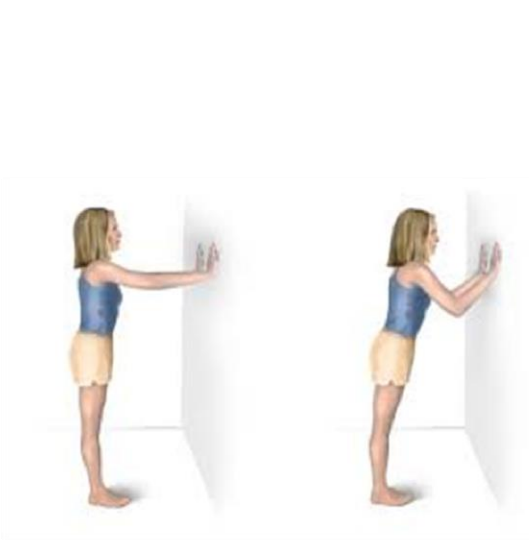
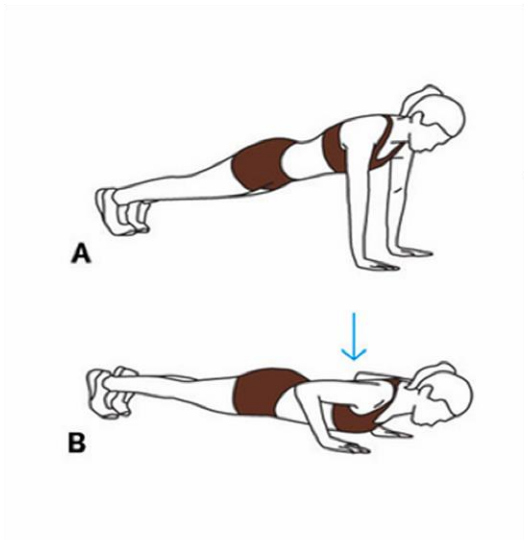
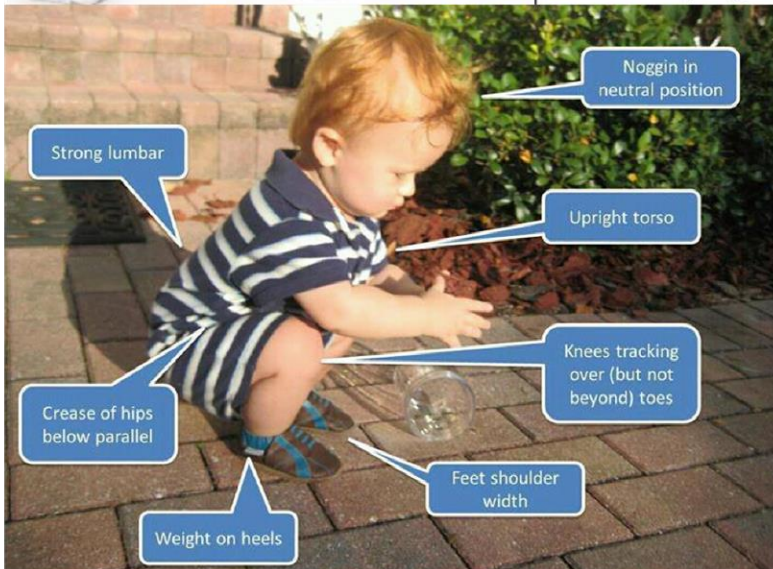
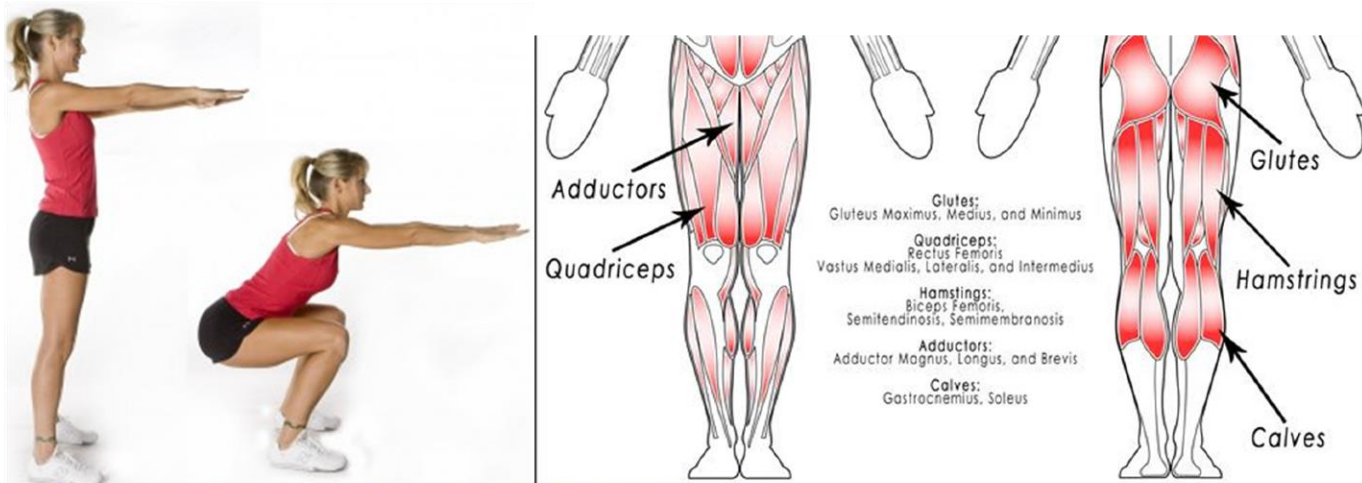


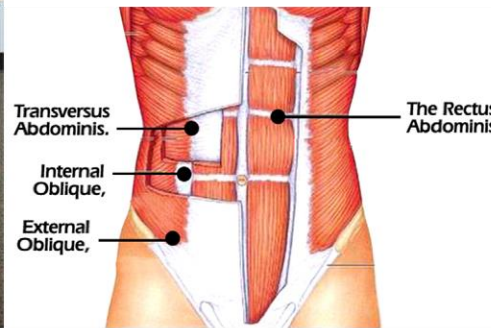
Push-ups



Squats



Sit ups



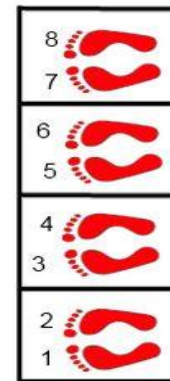
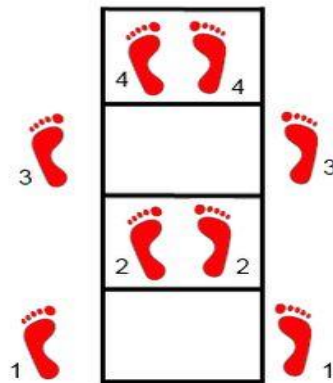
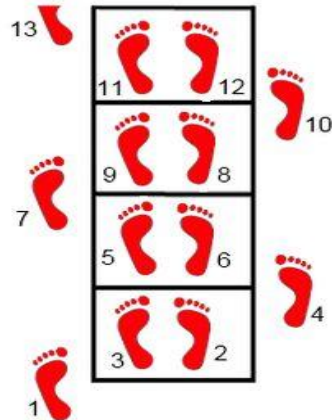
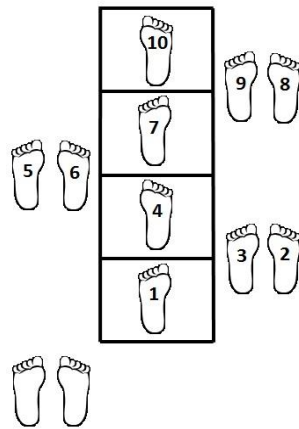
Burpees



Agility Ladder



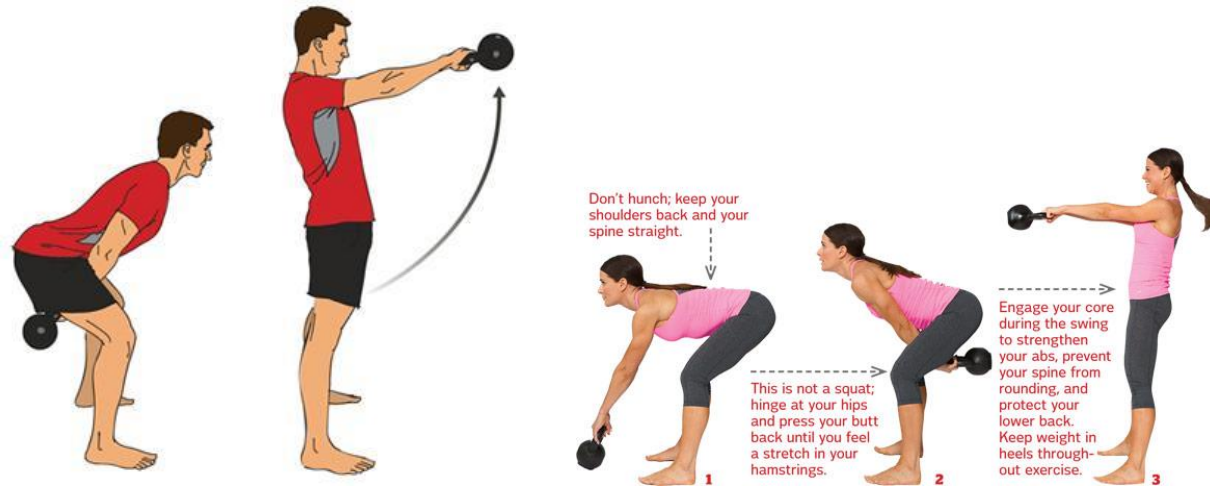
Tango



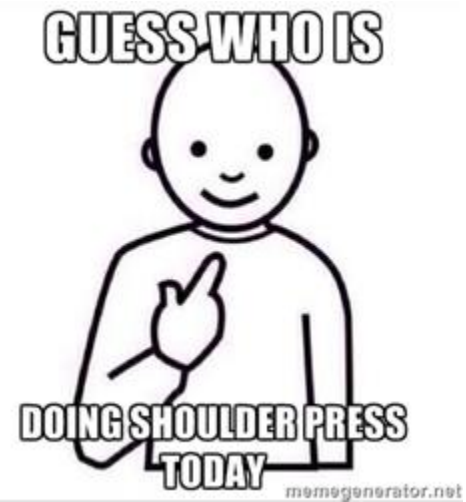
Slam Balls



KB Swings



Shoulder Press/Jerk



Lunges

