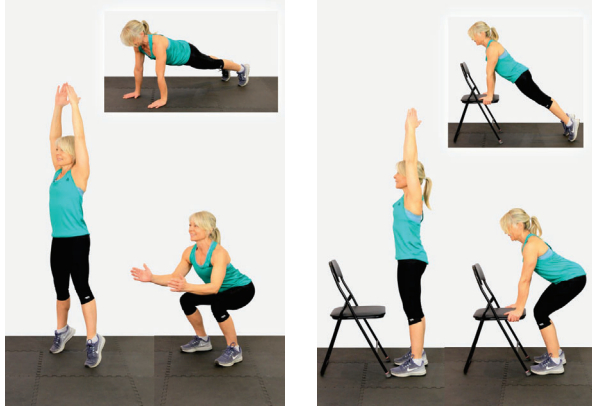
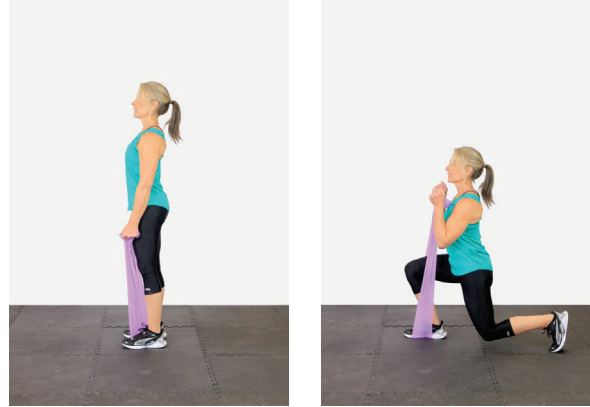


1. Burpee-Chair-Mod



2. Lunge With Curl



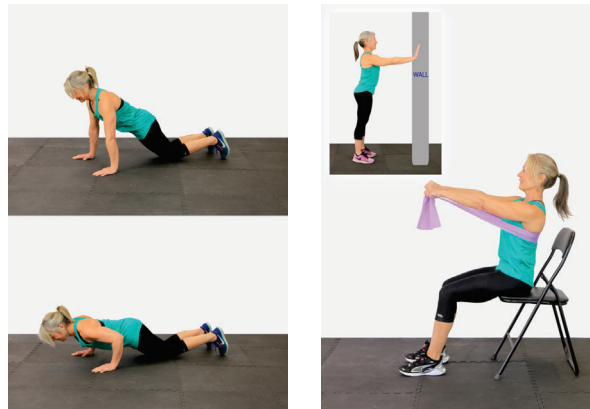
3. Boxing Knee Up



4. Archer Pull



5. Push Ups



6. Bridge & Alt Pulls

