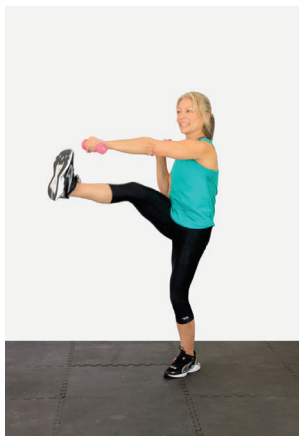
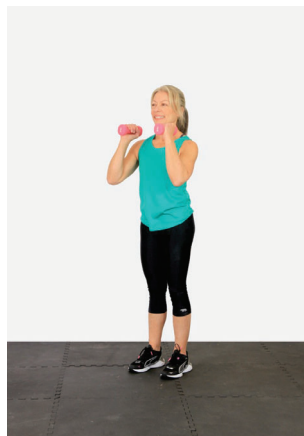
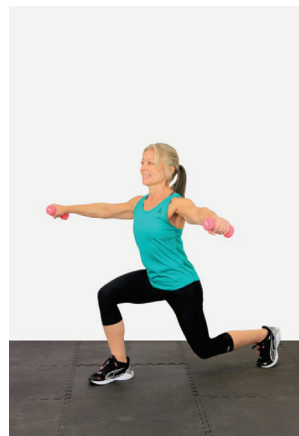
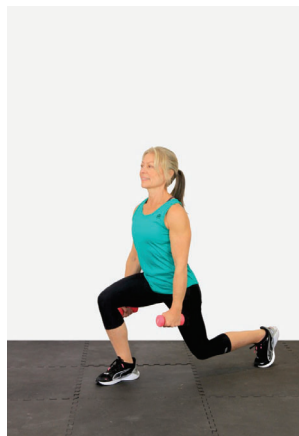


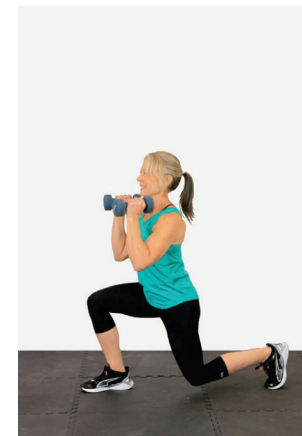
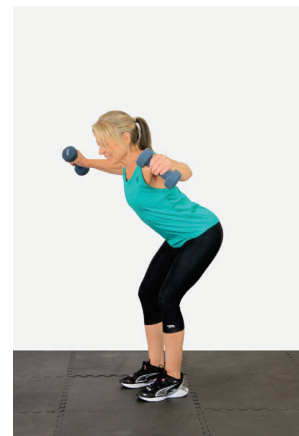
1. Toy Soldier



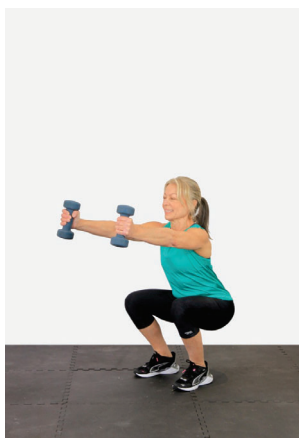
2. Lunge-Arm Raisers



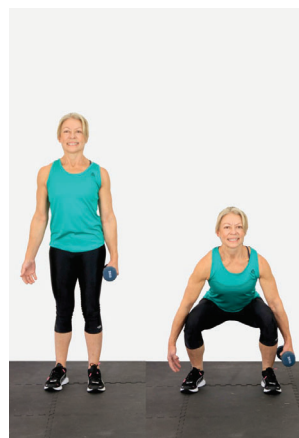
3. Fly Lunge Curl



4. Squat Arm Raisers



5. DB Pass-Side Step



6. Side Leg Turns

