

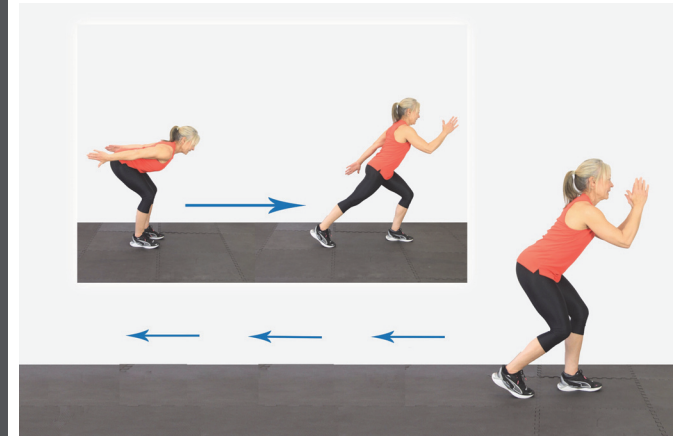
1.Lunge Curl Kick



2.Slider Side Lunge



3.Step Forward-Back



4.Seated Triceps



5.Fire Hydrant



6.Sliding Bridge

