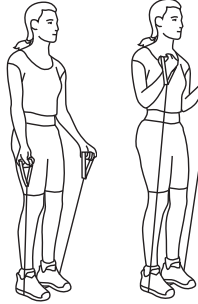
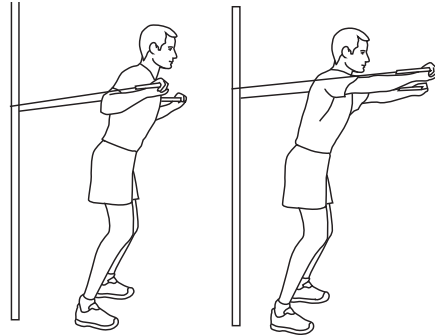


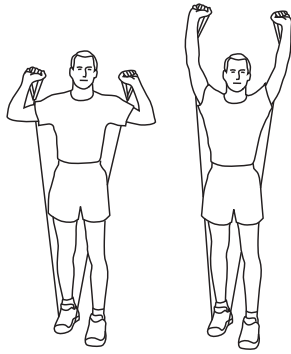
Resistance Tube Exercises



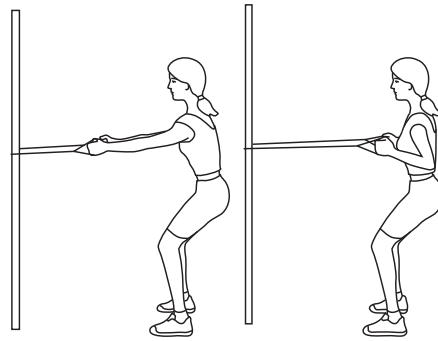
Bicep Curl



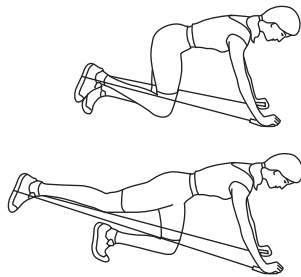
Chest Press



Shoulder Press



Lat Row



Butt Buster



Squat