

Knee Raises



Front Lunges



Side Lunges



Arm Crosses



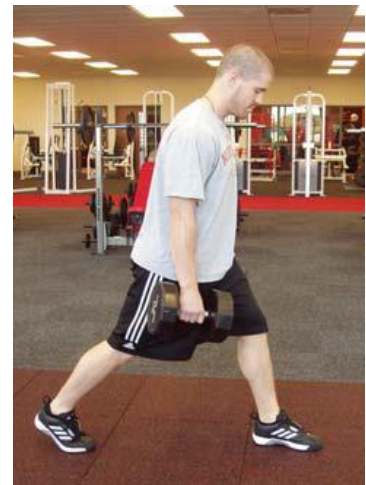
Leg Bends



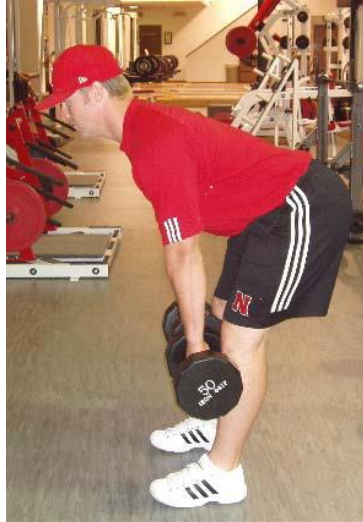
Arm Circles



Weighted Lunges



Dumbbell Bench



Bent Raises



Barbell Raises



Barbell Dead Lift



Leg Curls



Tricep Pull Downs



Hammer Curls



Abs

