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| **SPEED ROPE** | **UPRIGHT ROWS** | **HALF-JACK**  **MED-BALL SQUEEZE** | **KB SQUATS** | **PLANK ARM RAISES** | **BASIC CRUNCH** |
| **Jump Rope** | **Resistance Band** | **Medicine Ball** | **Kettle Bell** | **No Equipment** | **Exercise Ball** |
|  |  |  |  |  |  |