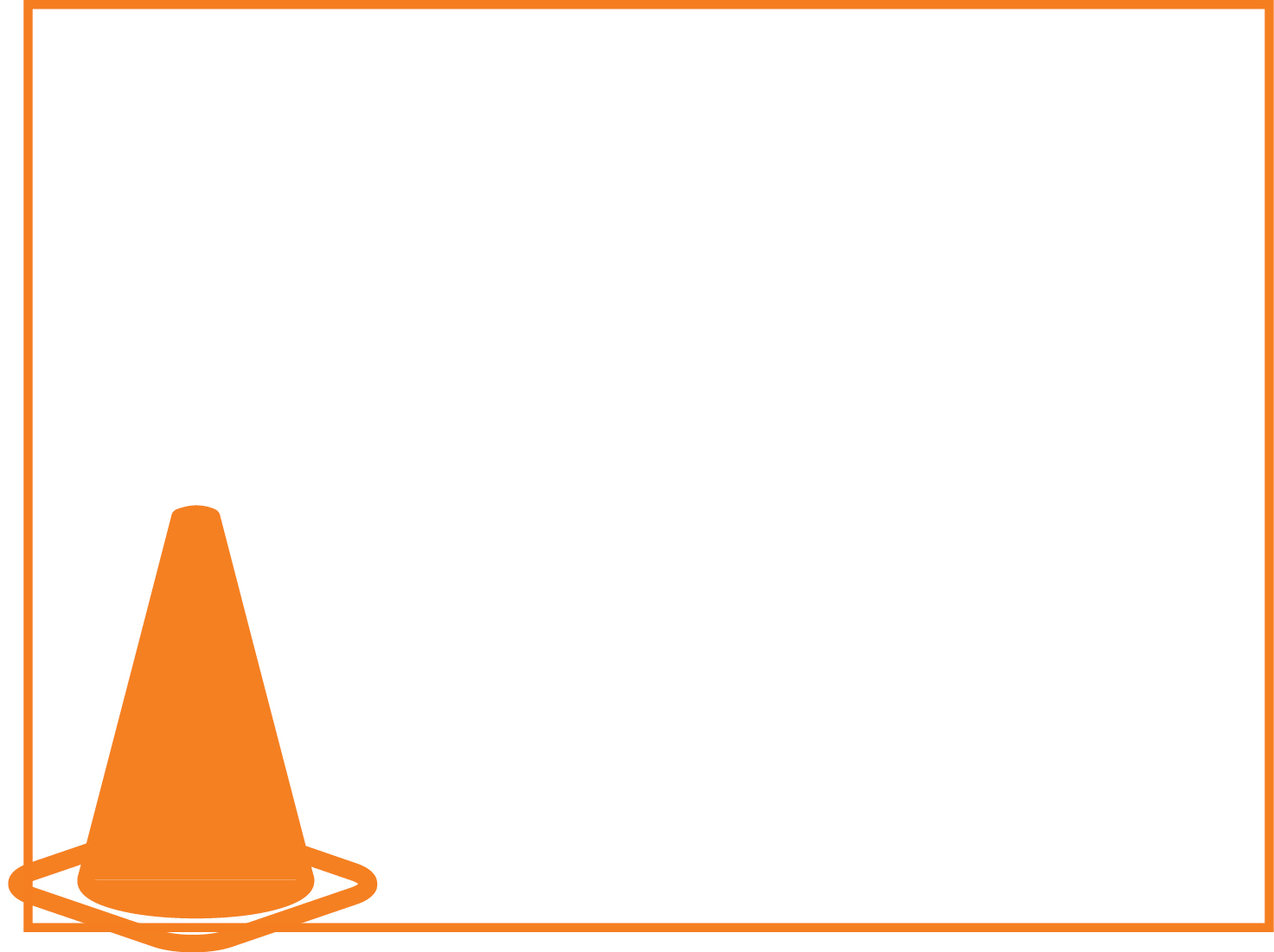


**SPEED**

**ROPE**

Jump Rope

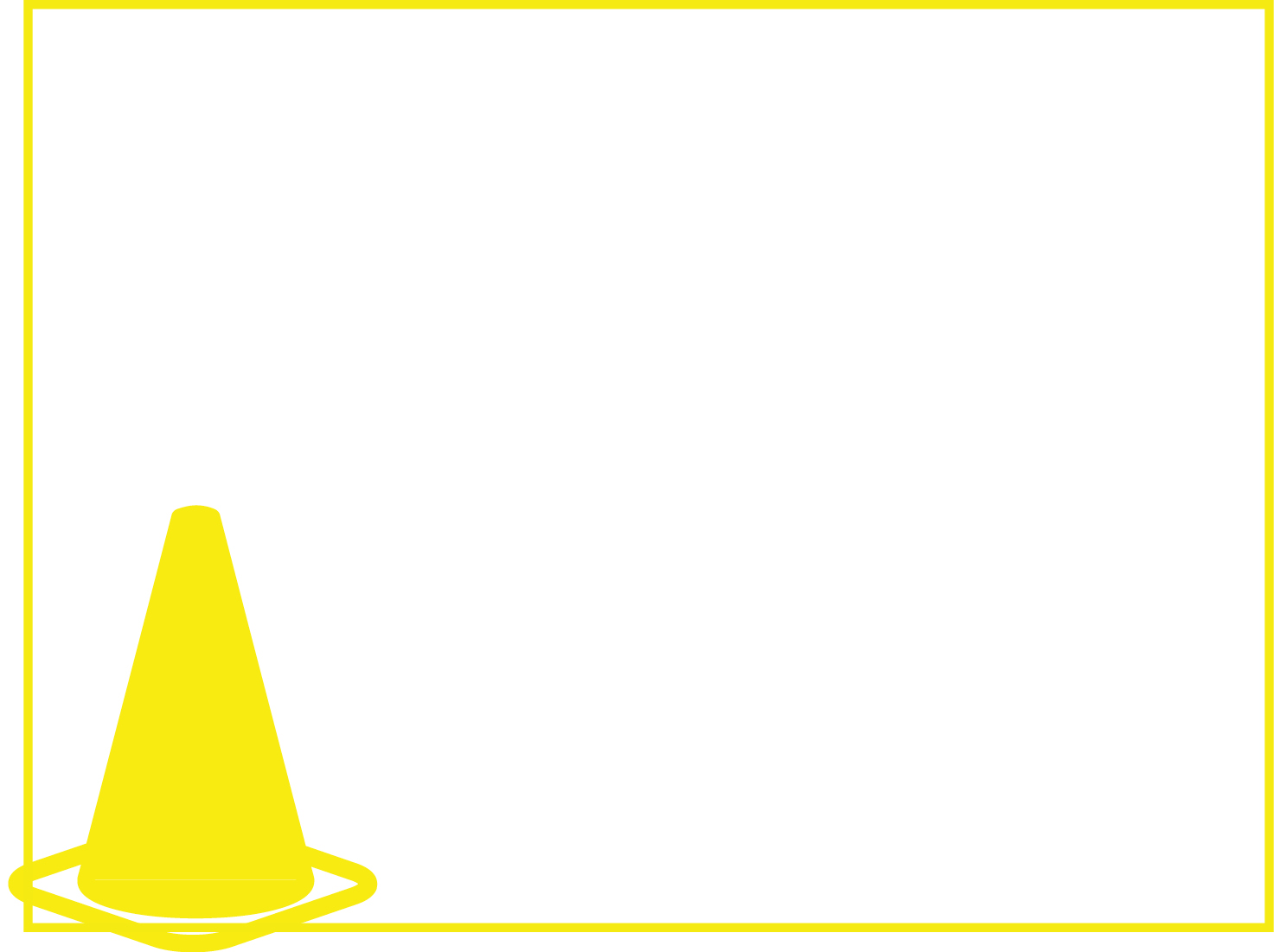




**UPRIGHT ROWS**



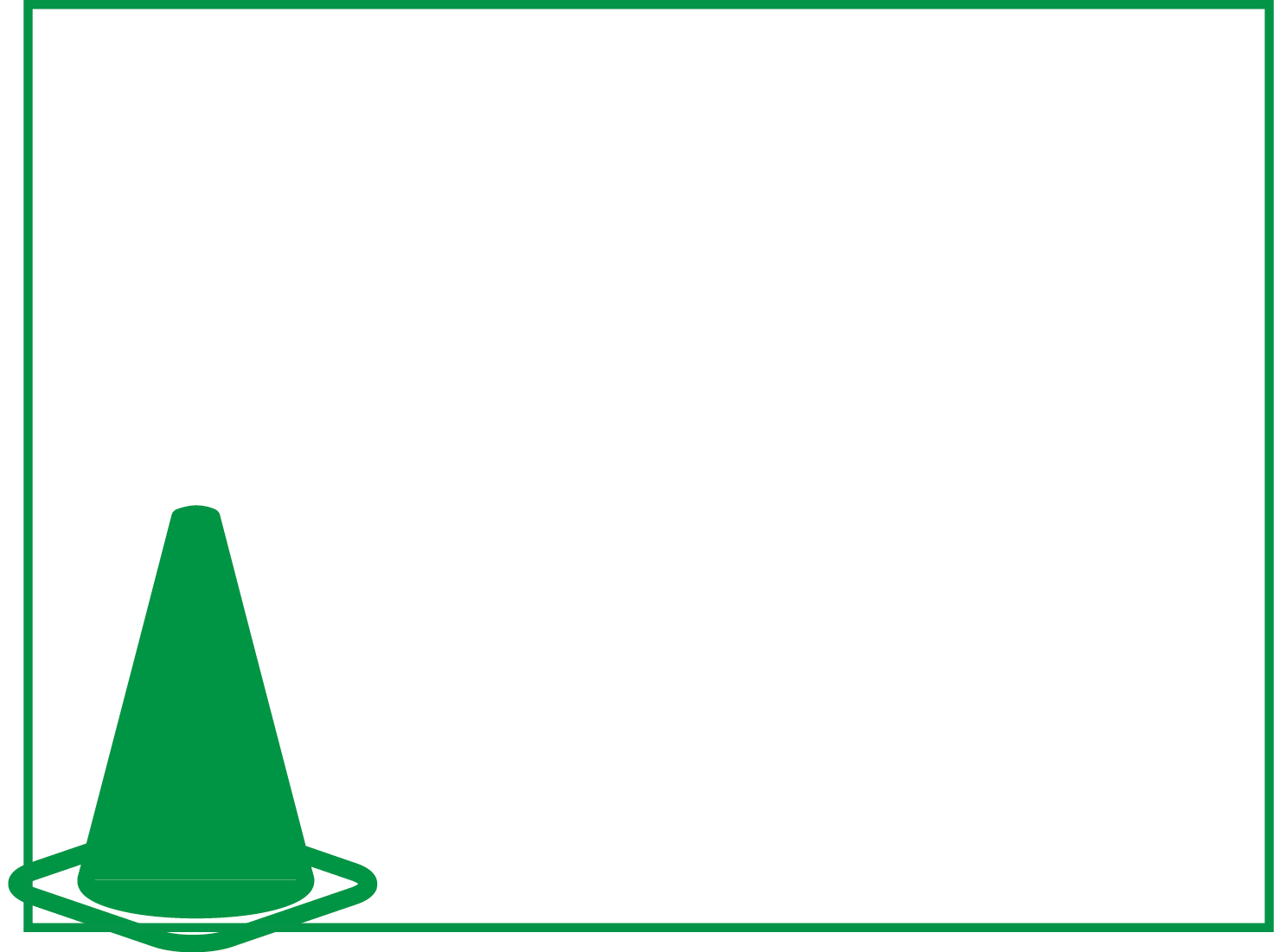
Resistance Band



Medicine Ball



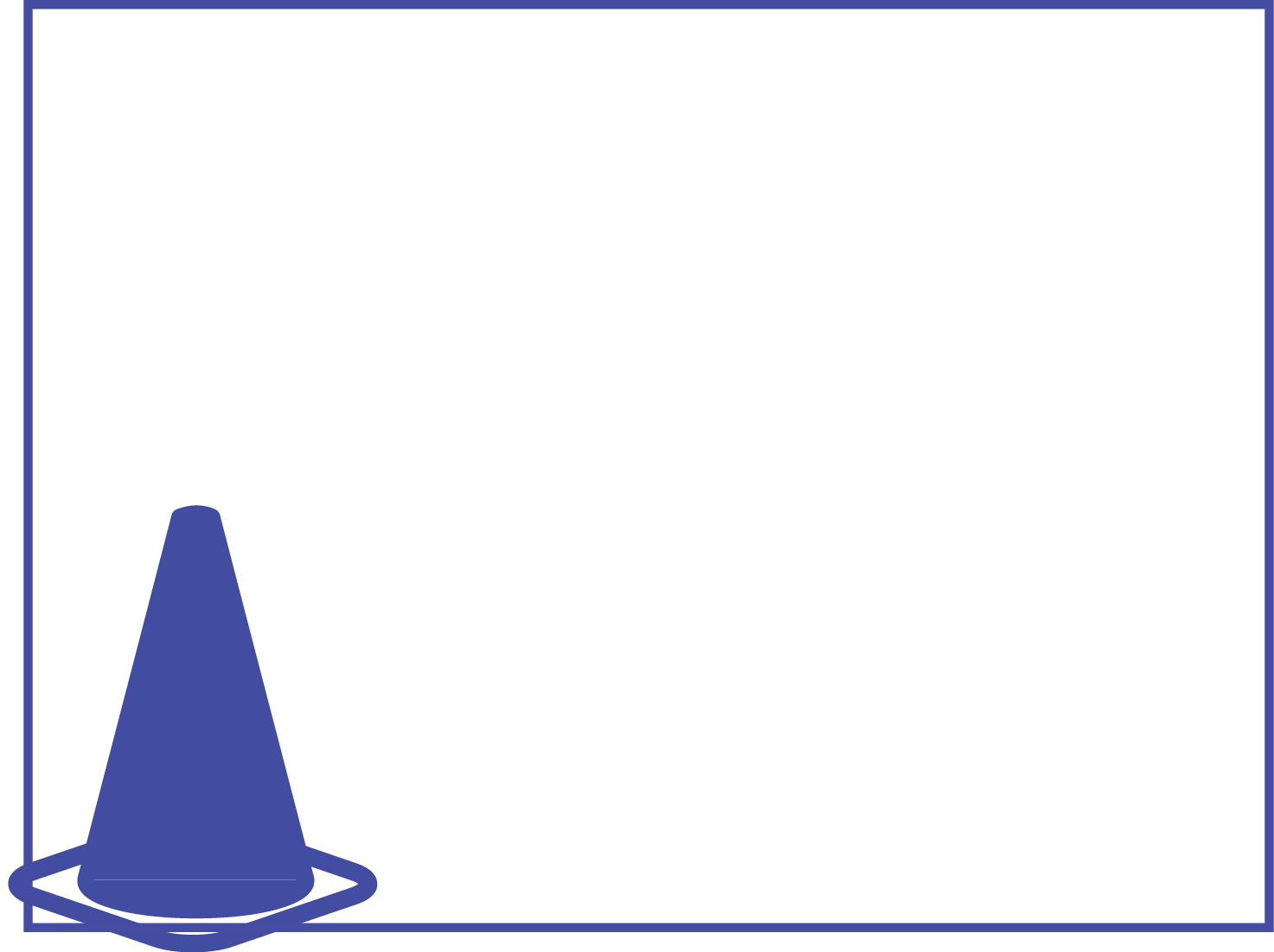
**HALF-JACK MED-BALL SQUEEZE**



**KB SQUATS**

Kettle Bell

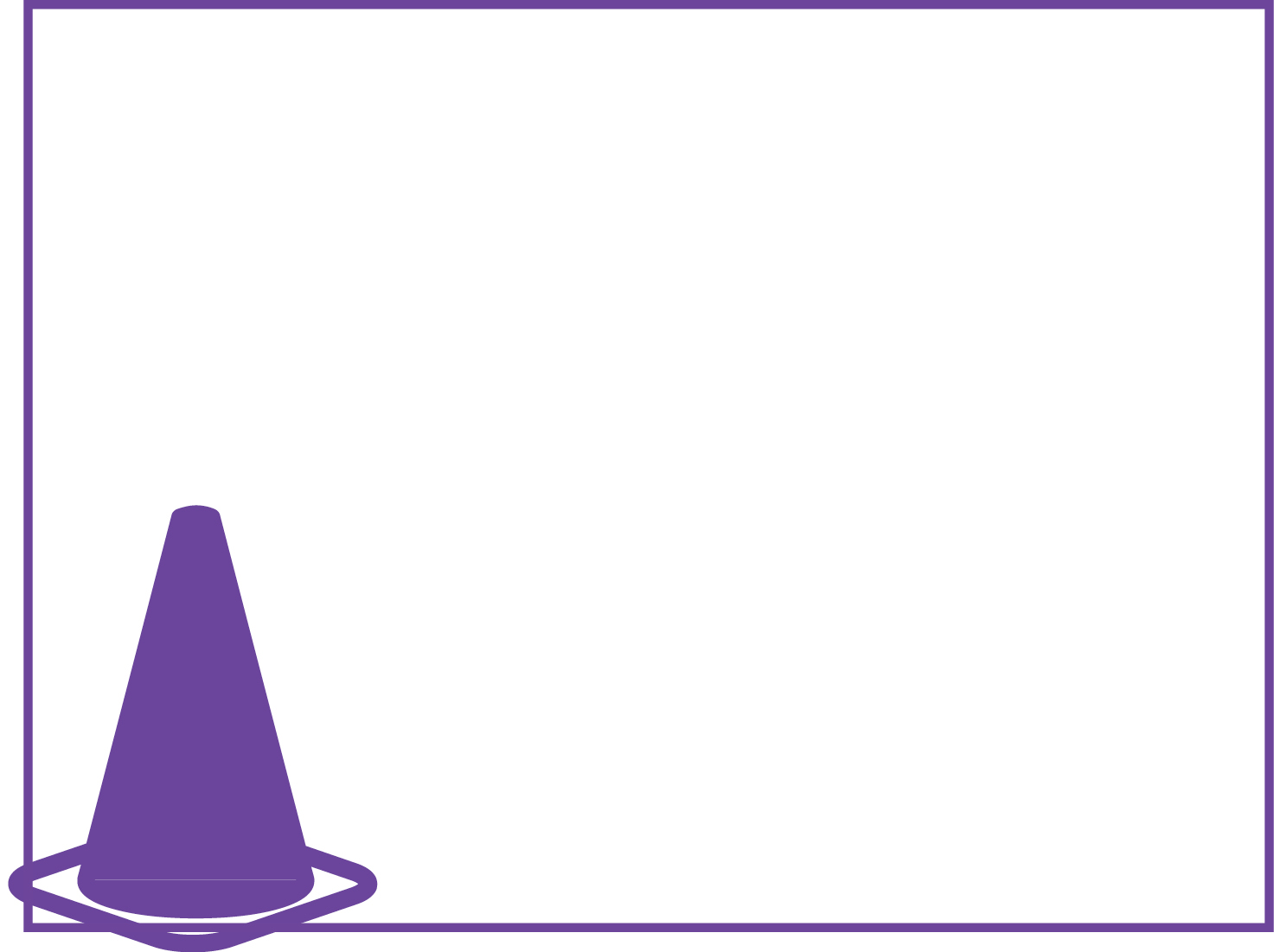




**PLANK ARM RAISES**

No Equipment





**BASIC CRUNCH**

Exercise Ball