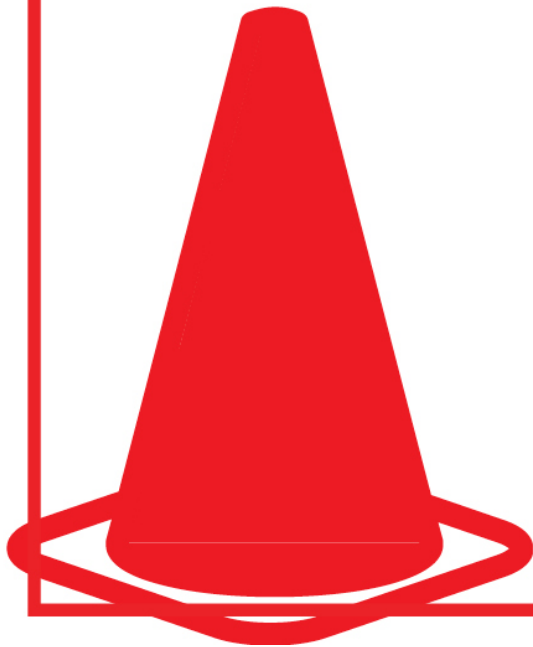
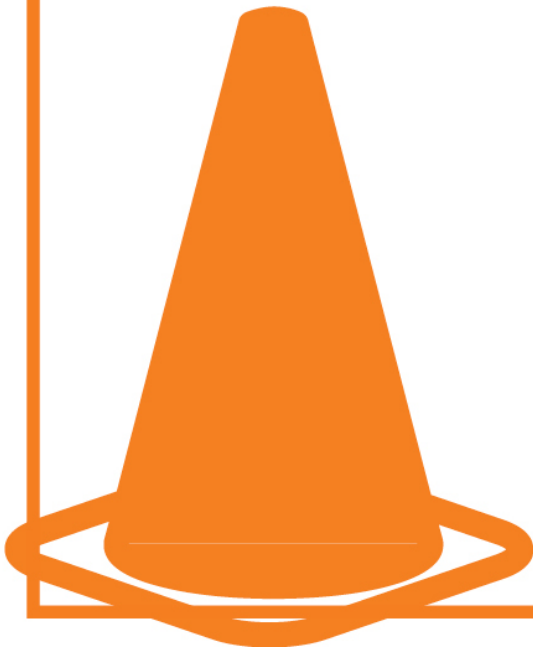


SPEED ROPE



Jump Rope

UPRIGHT ROWS

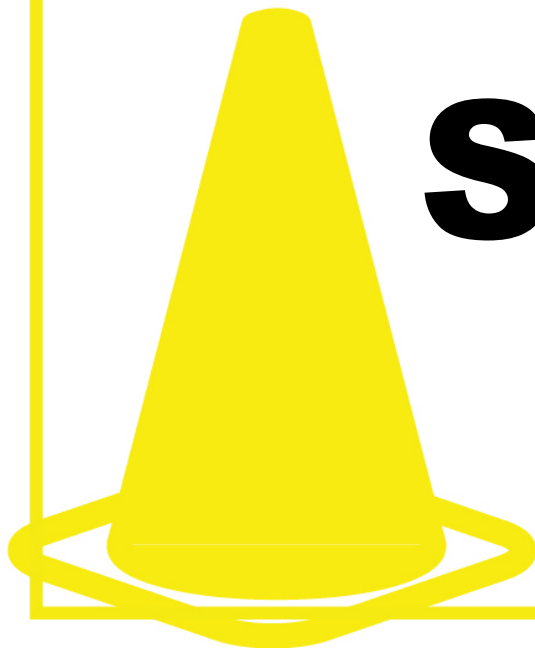


Resistance Band

HALF-JACK

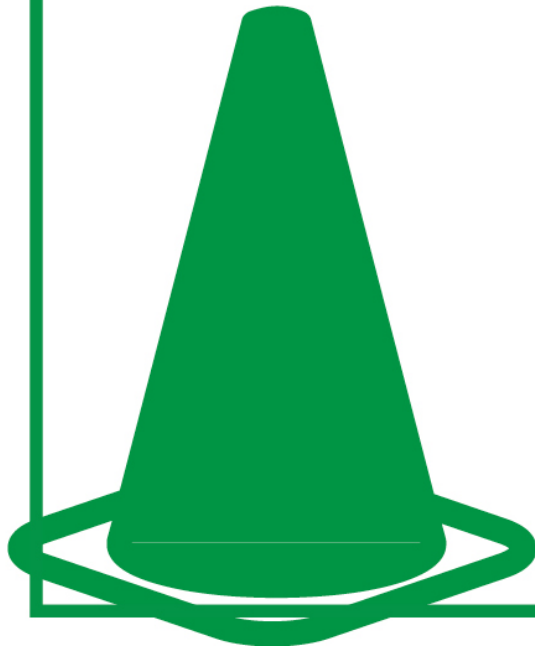
MED-BALL

SQUEEZE



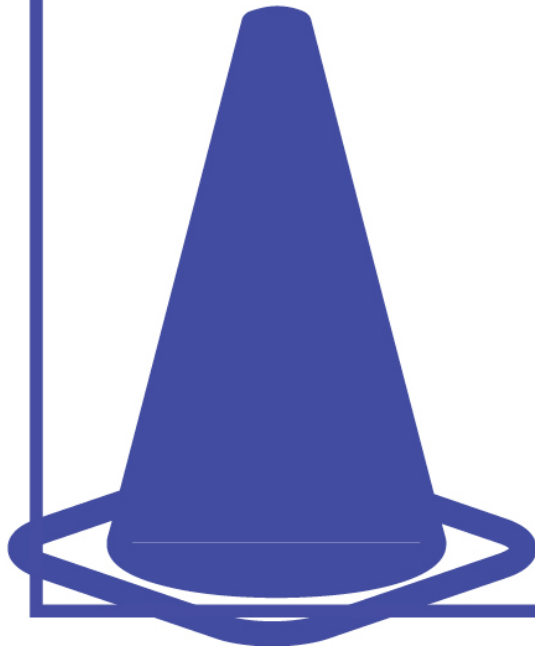
Medicine Ball

KB SQUATS



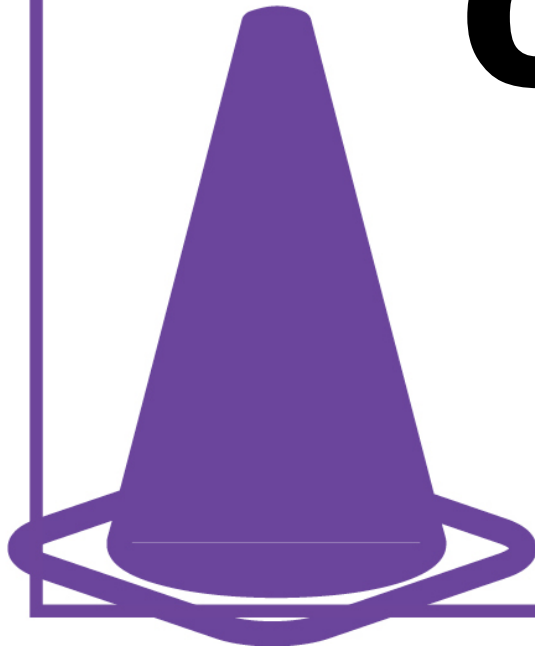
Kettle Bell

PLANK ARM RAISES



No Equipment

BASIC CRUNCH



Exercise Ball