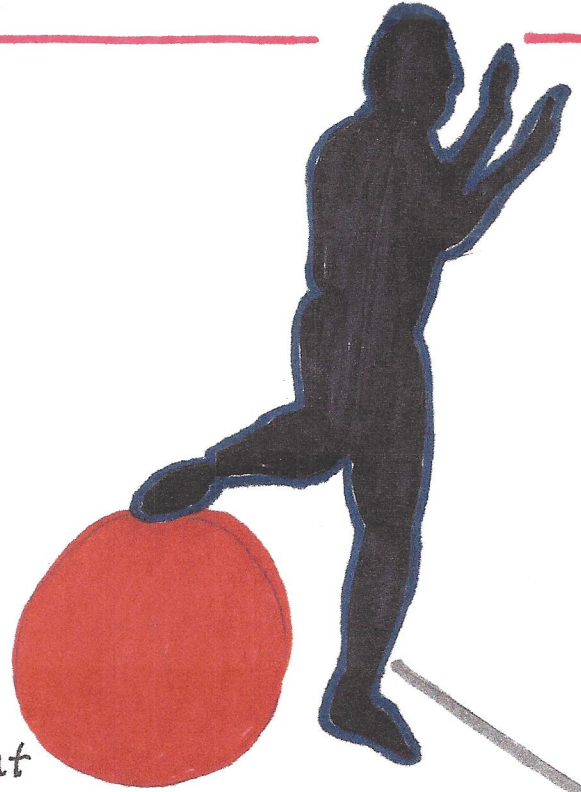
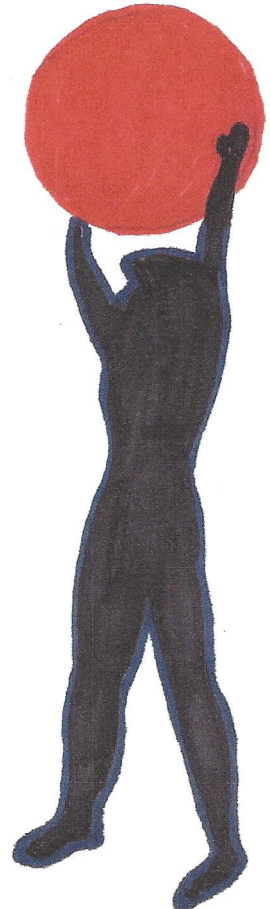


One Leg Squat

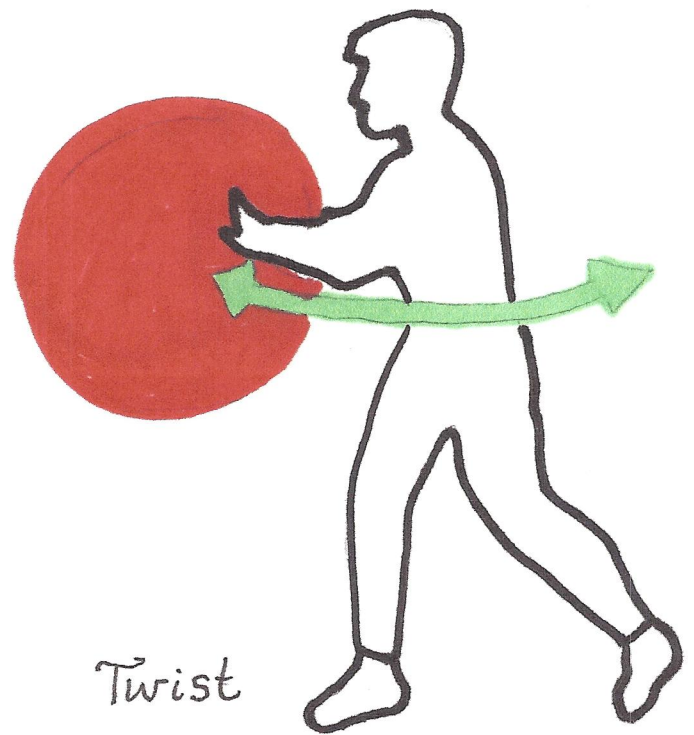
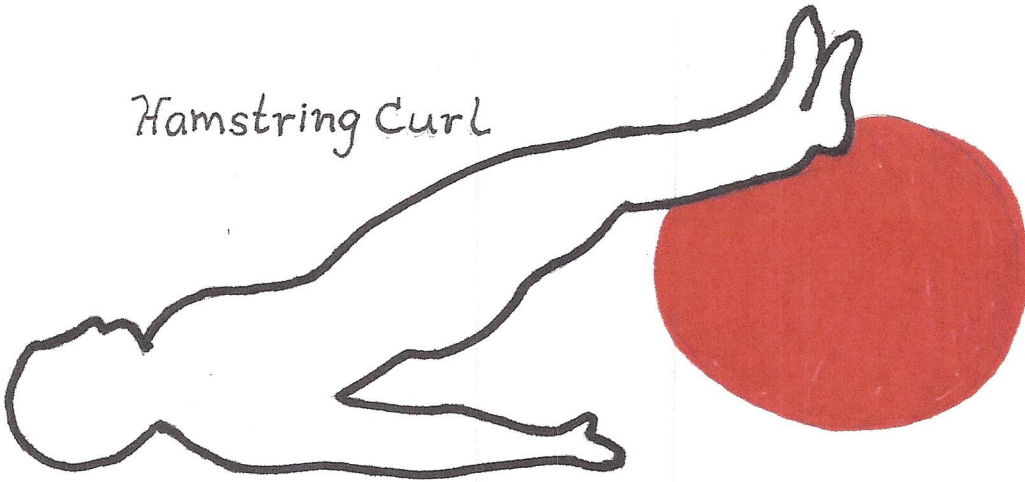


Lateral Push Out

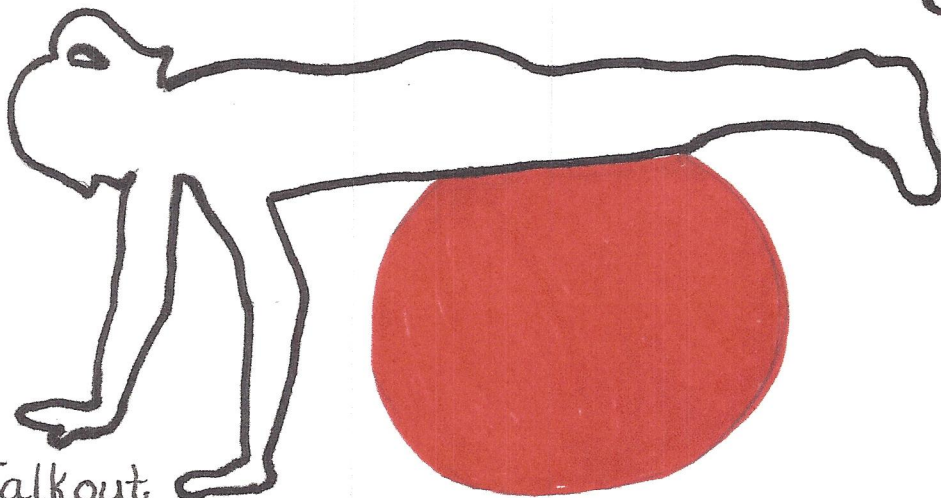


Chop Fold

Hamstring Curl



Twist



Walkout