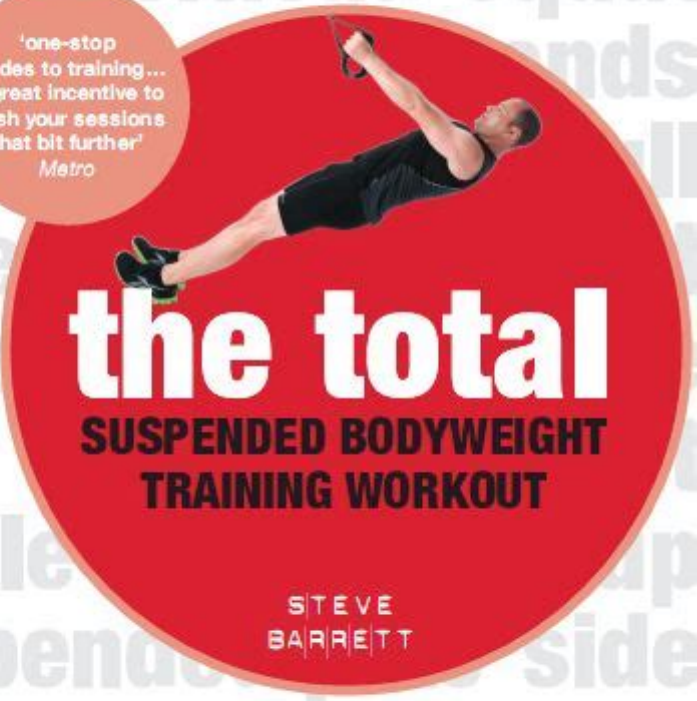


run ups chest press  
supine plank bridge  
lunge step back hip  
dip overhead squat  
plank  
one  
knee  
susp  
one  
single  
suspended  
jumps squat jumps  
little jumps seated

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