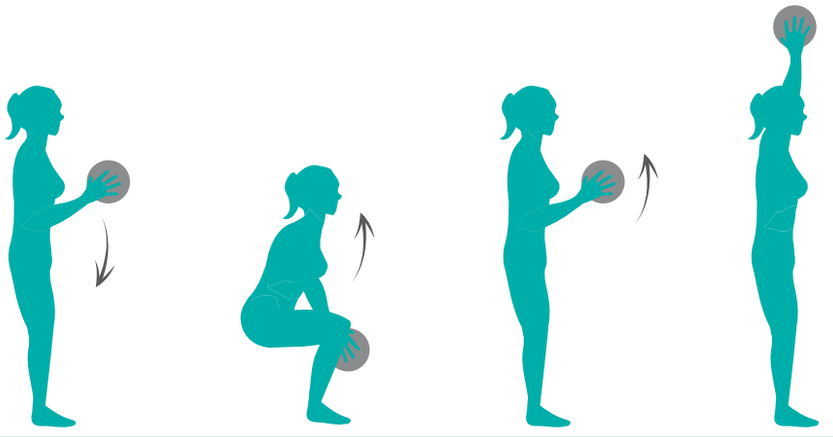
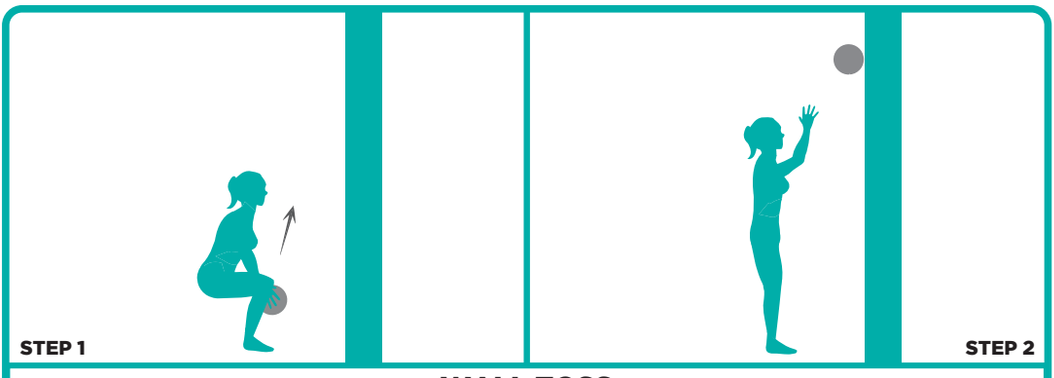
SLAM BALL - 9 KG
EXERCISE EXAMPLES

MOUNTAIN CLIMBER

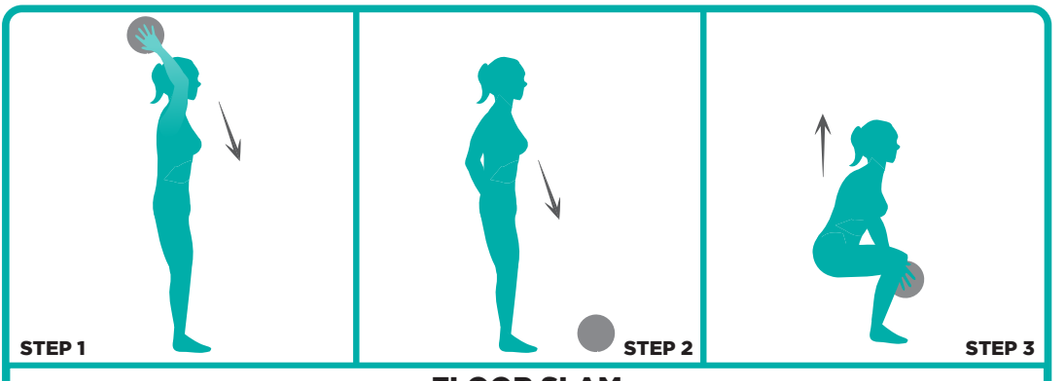
SIT UP



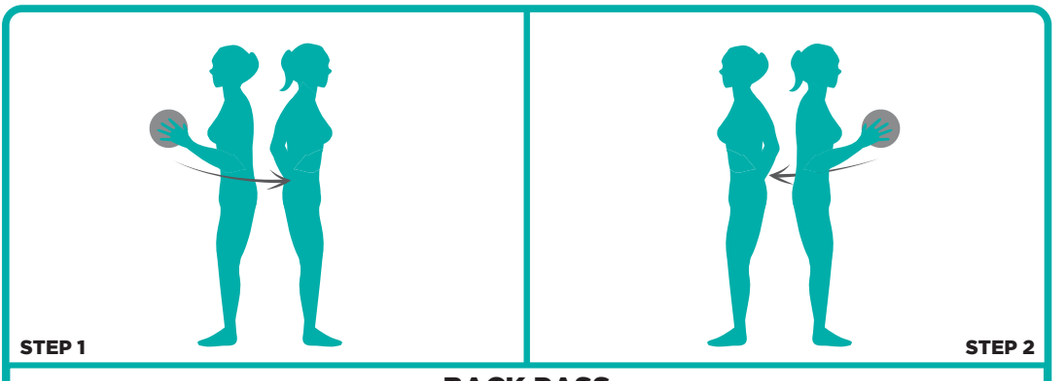
SQUAT CURL PRESS



WALL TOSS



FLOOR SLAM



BACK PASS