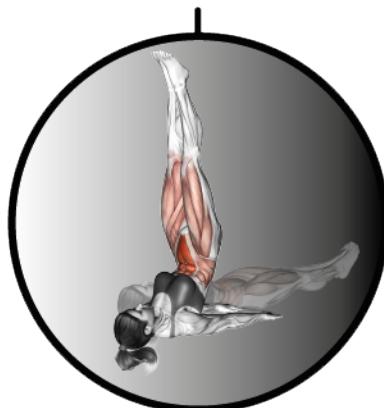
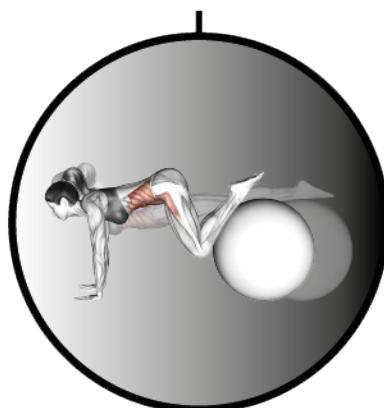


SAGITTAL PLANE

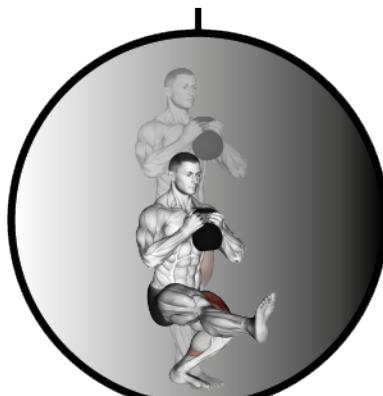
Reverse Ab Curl



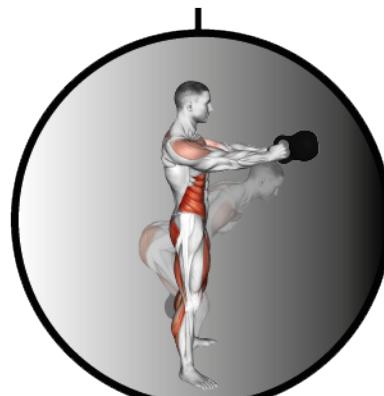
Jack Knife



Kettlebell Pistol Squat



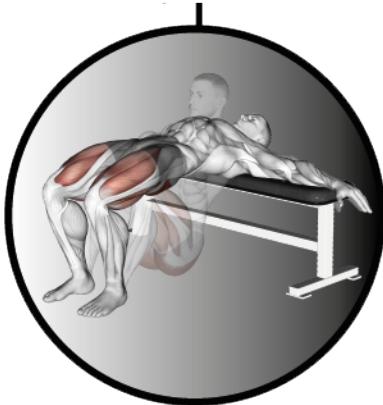
Kettlebell Swing



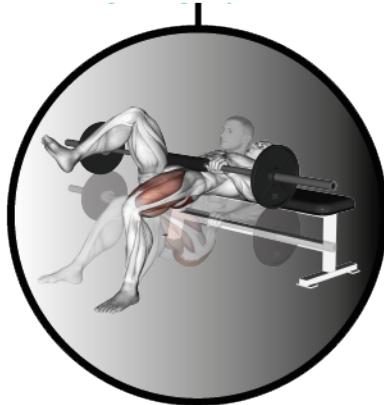
One Leg Deadlift



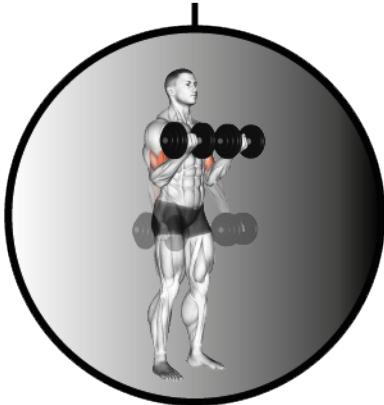
Hip Thrust



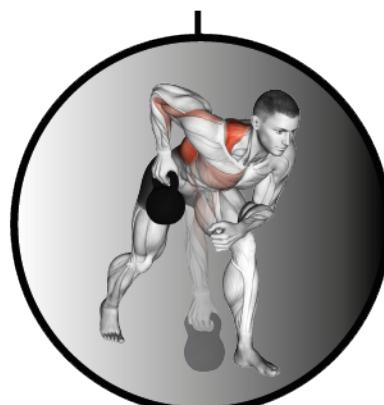
Single Leg Hip Thrust



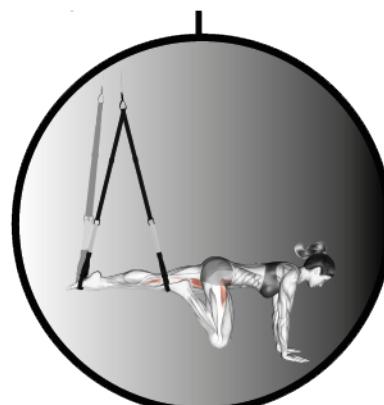
Bicep Curls



Kettlebell One Arm Row

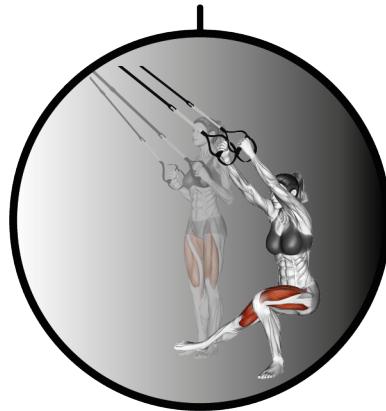


Suspended Mountain Climb

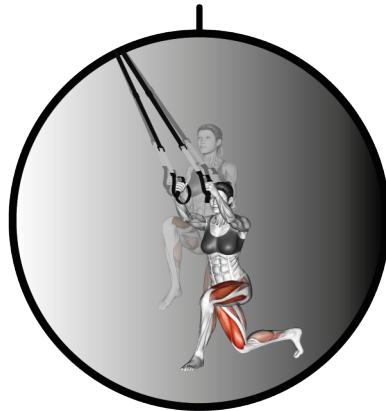


FRONTAL PLANE

Suspended Side Lunge



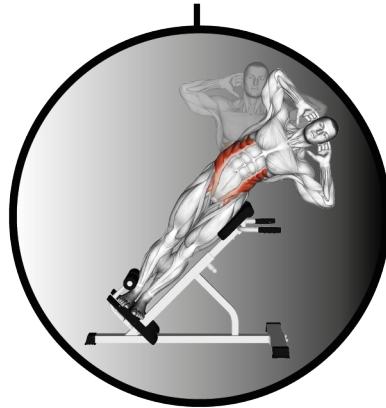
Suspended Courtesy Squat



Dumbbell Lateral Step Up



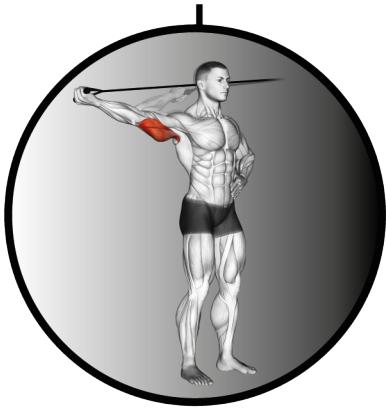
Side Bends



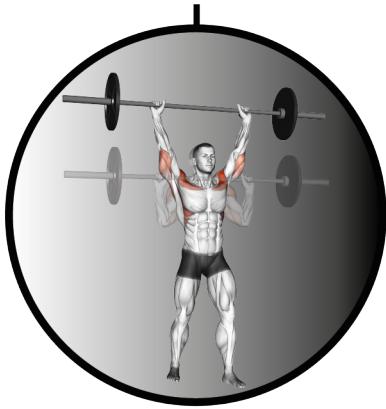
Lat Pull Down



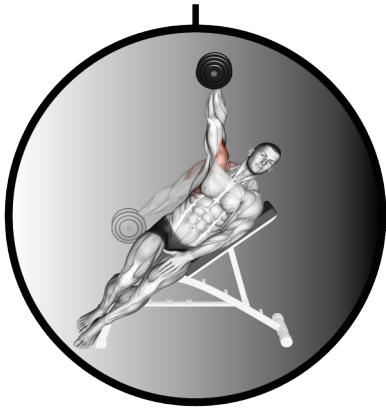
Tricep Frontal Extension



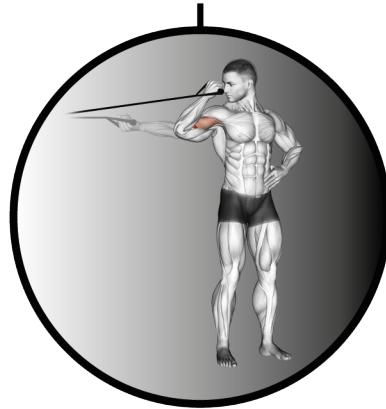
Barbell Military Press



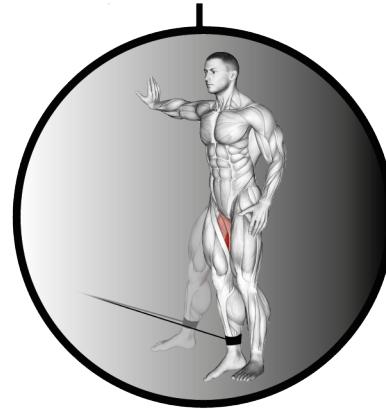
Dumbbell Incline Lateral Raise



Overhead Bicep Curl

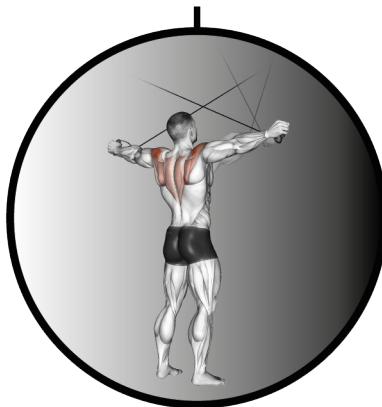


Hip Add/Abduction

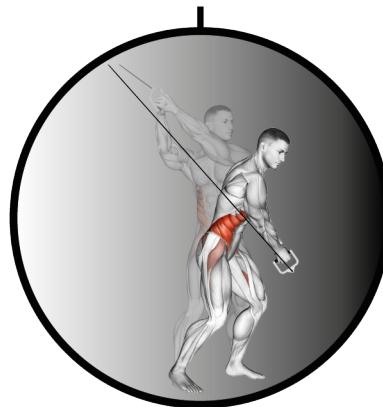


TRANSVERSE PLANE

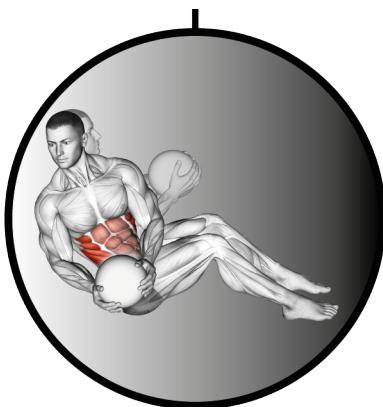
Standing Cable Cross Over



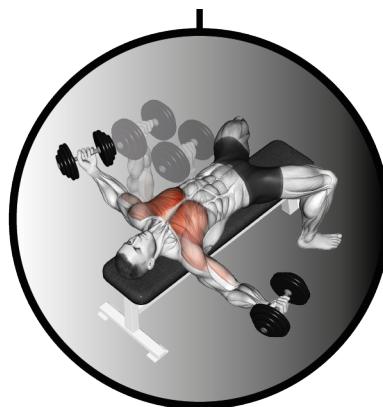
Cable Woodchop



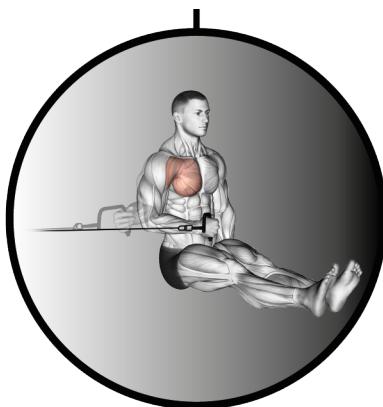
Russian Twist



Dumbbell Chest Fly



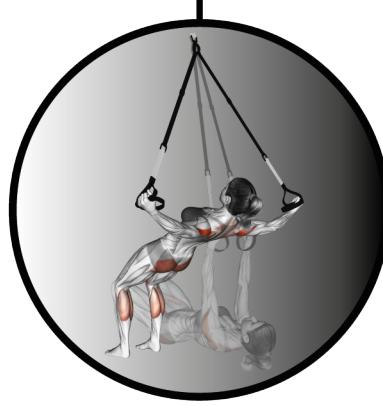
Cable Seated Shoulder Rotation



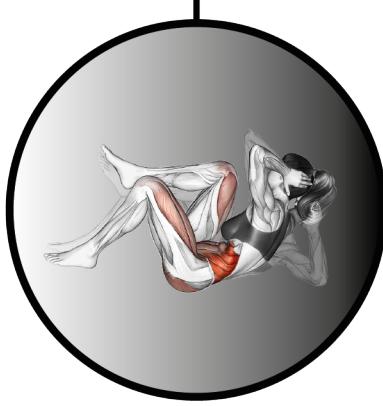
Weighted Steering Wheel



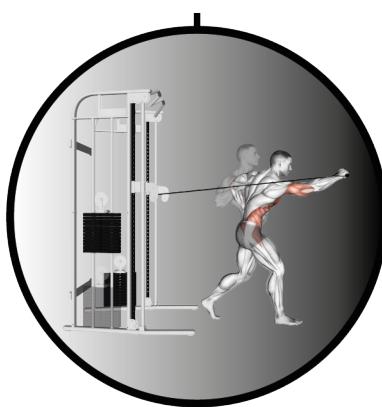
Suspended Reverse Fly



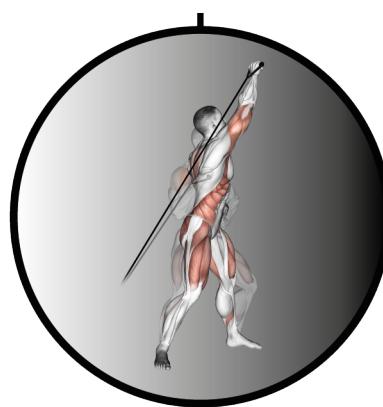
Bicycle Crunches



Standing Cable Chest Press



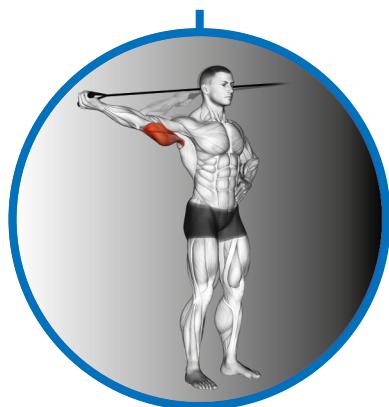
Twisting Overhead Shoulder Press



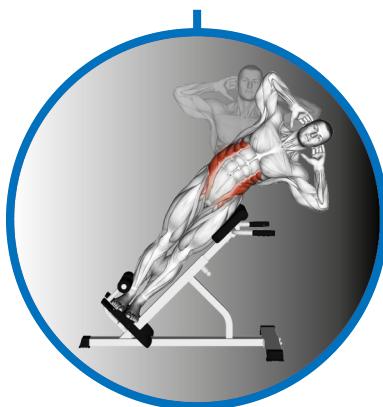
ORIGYM™

MULTI PLANAR WORKOUT

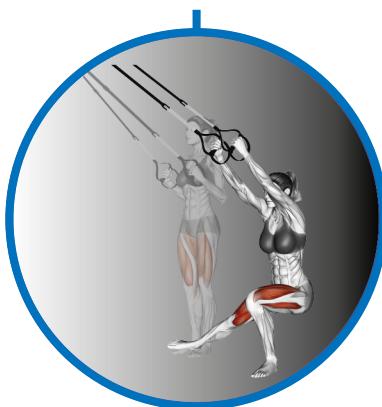
Tricep Frontal Extension



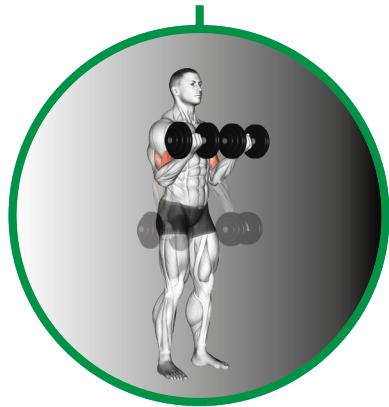
Side Bends



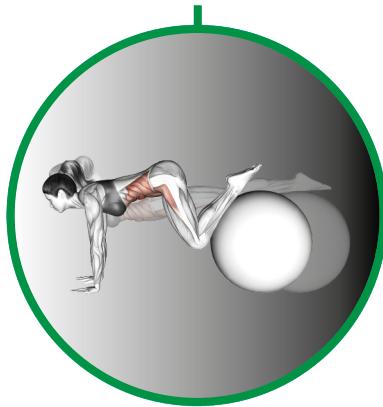
Suspended Side Lunge



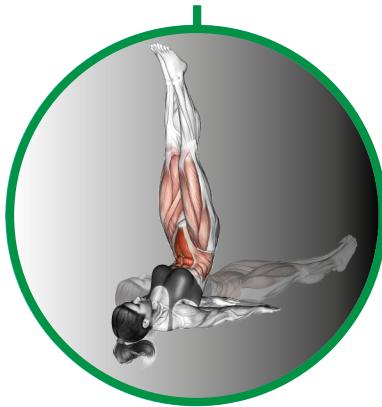
Bicep Curls



Jack Knife



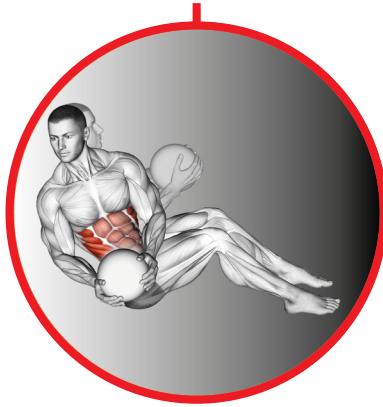
Reverse Ab Curl



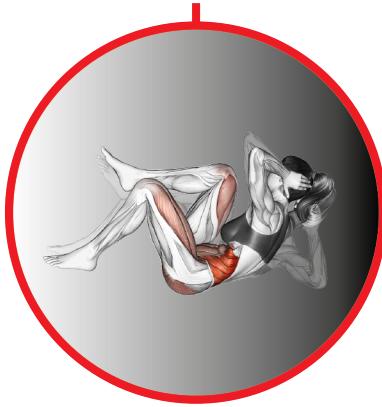
Dumbbell Chest Fly



Russian Twist

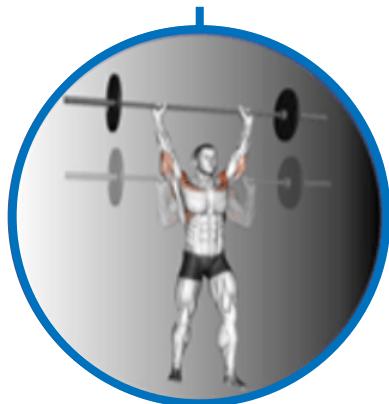


Bicycle Crunches



MULTI PLANAR WORKOUT

Barbell Military Pass



Lat Pull Down



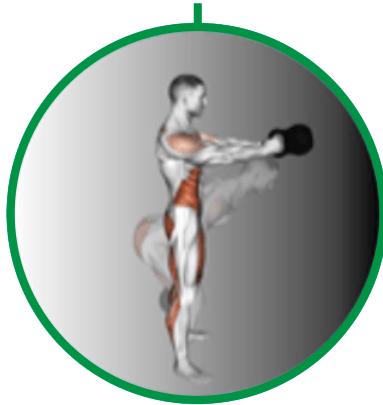
Dumbbell Lateral Step Up



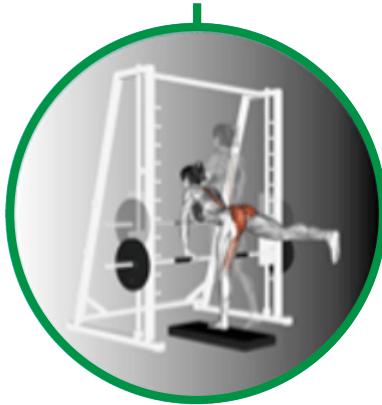
Kettlebell One Arm Row



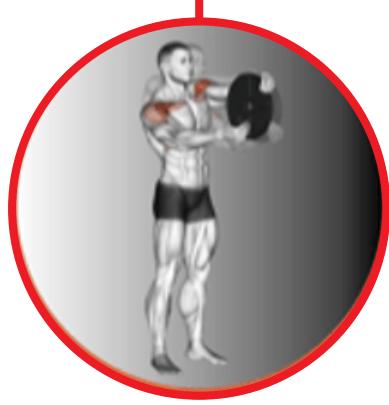
Kettlebell Swing



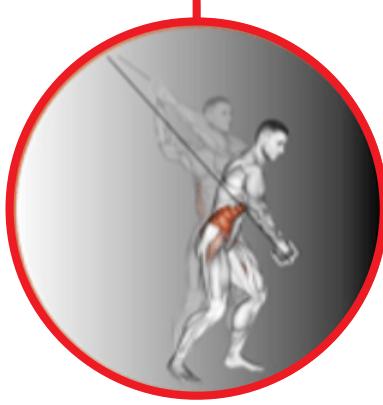
One Leg Deadlift



Weighted Steering Wheel



Cable Woodchop



Twisting Overhead Shoulder Press

