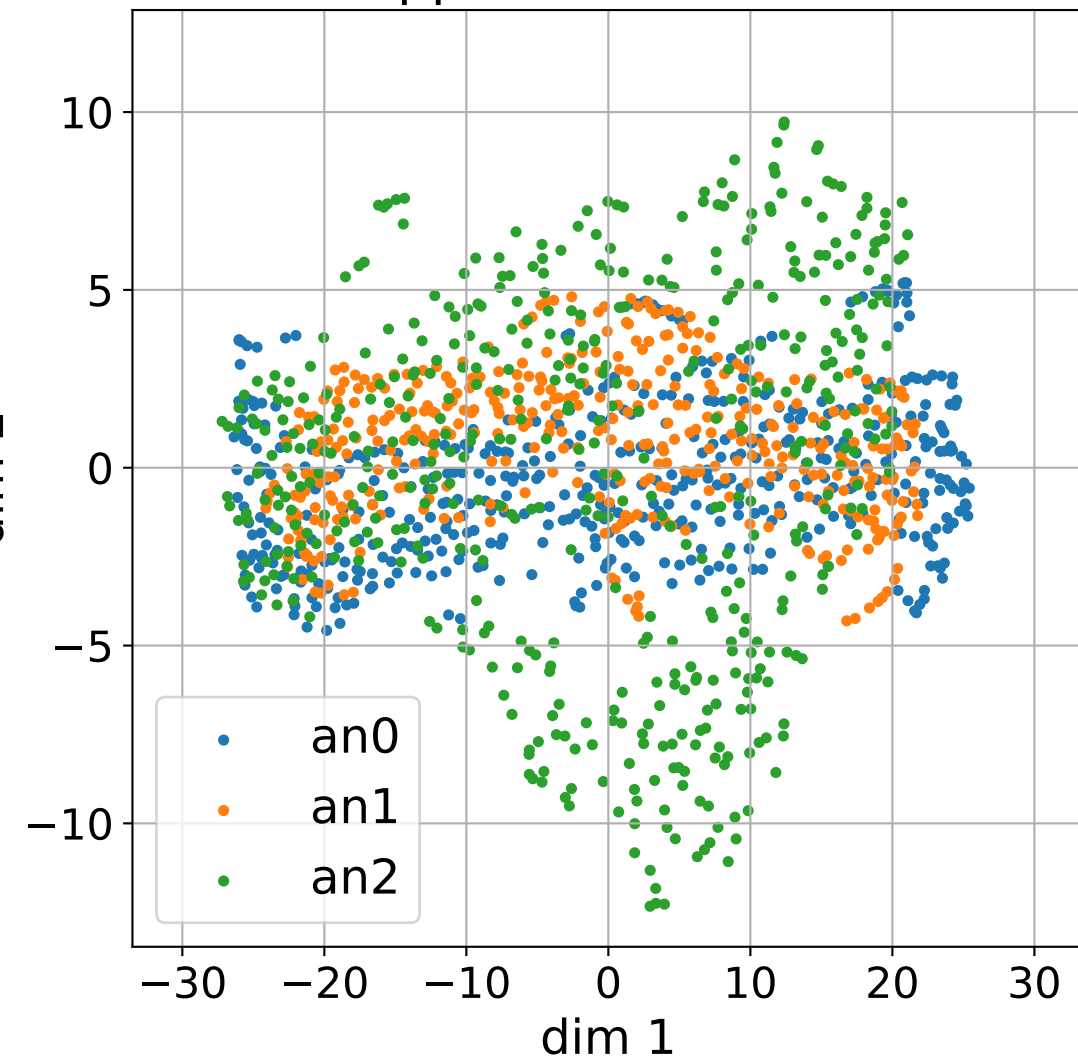
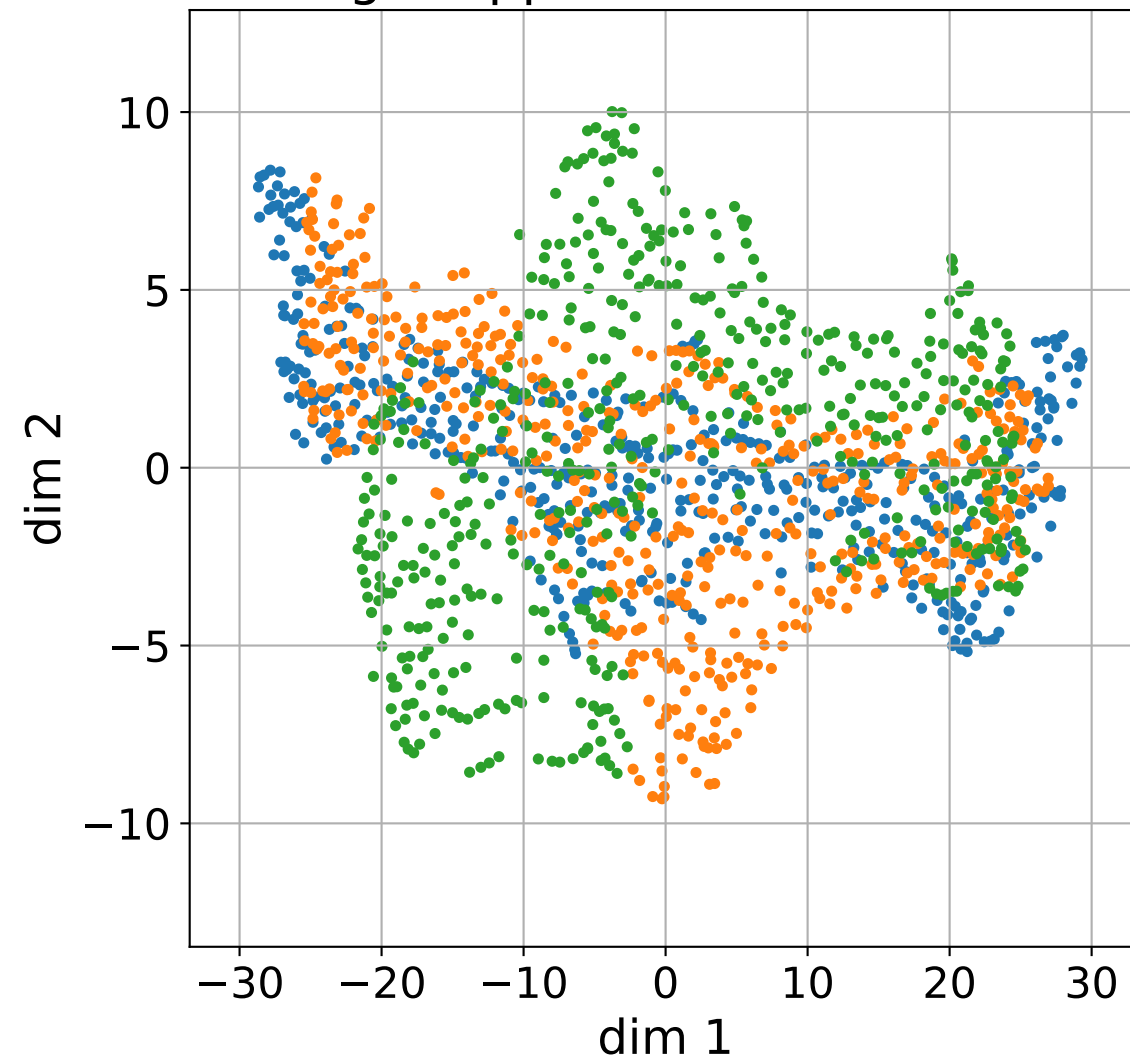


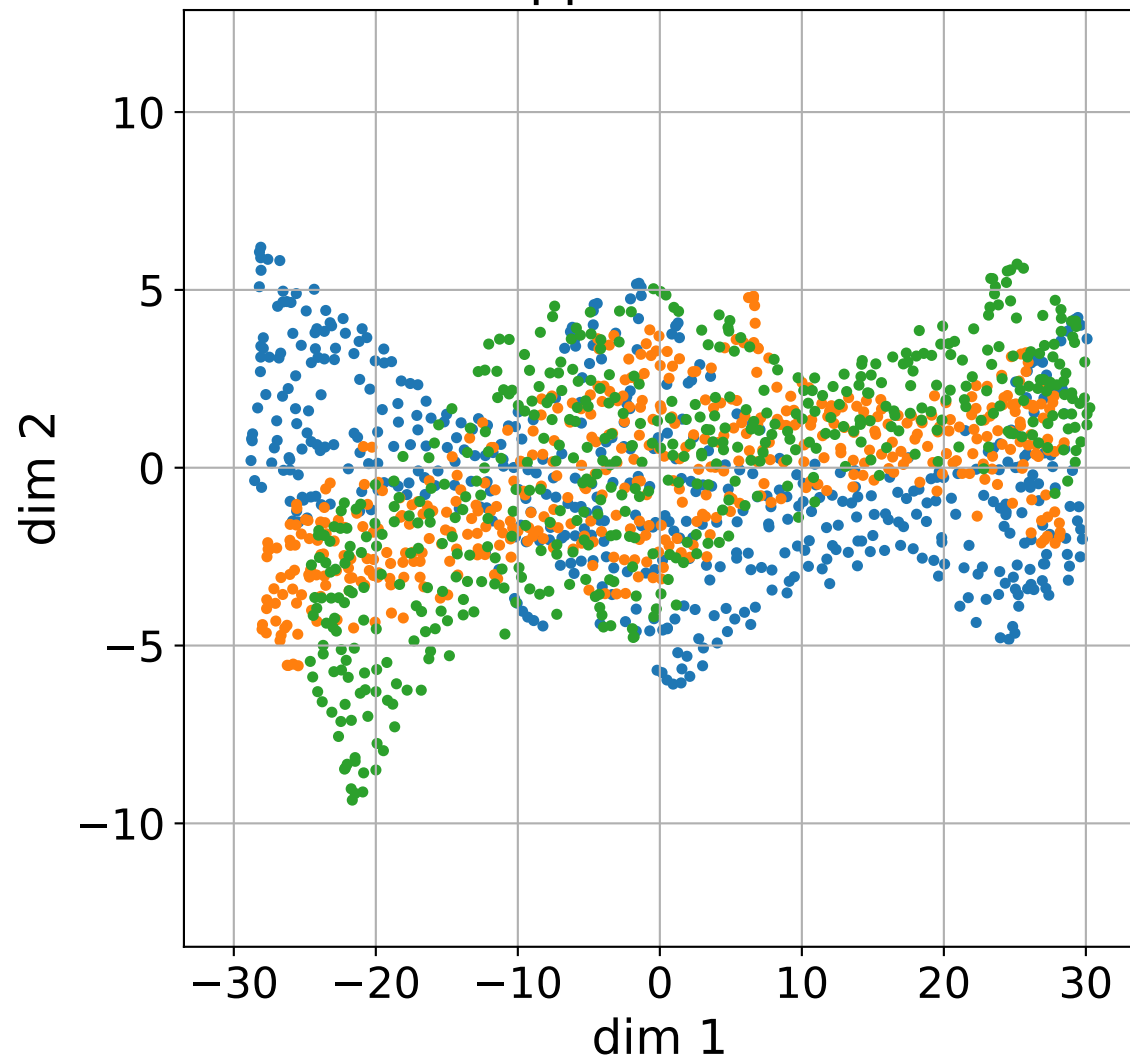
left upper limb extensions



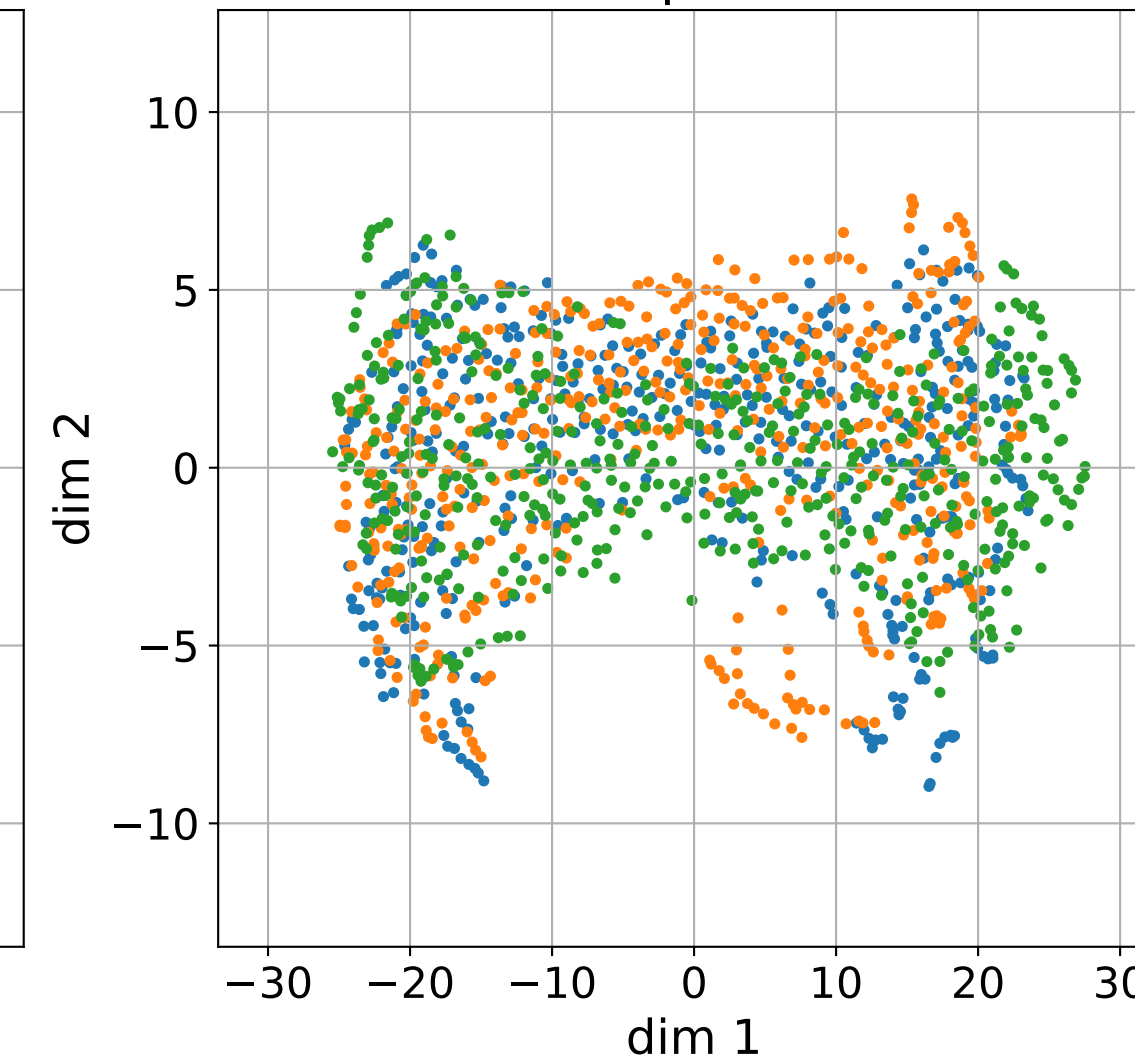
right upper limb extension



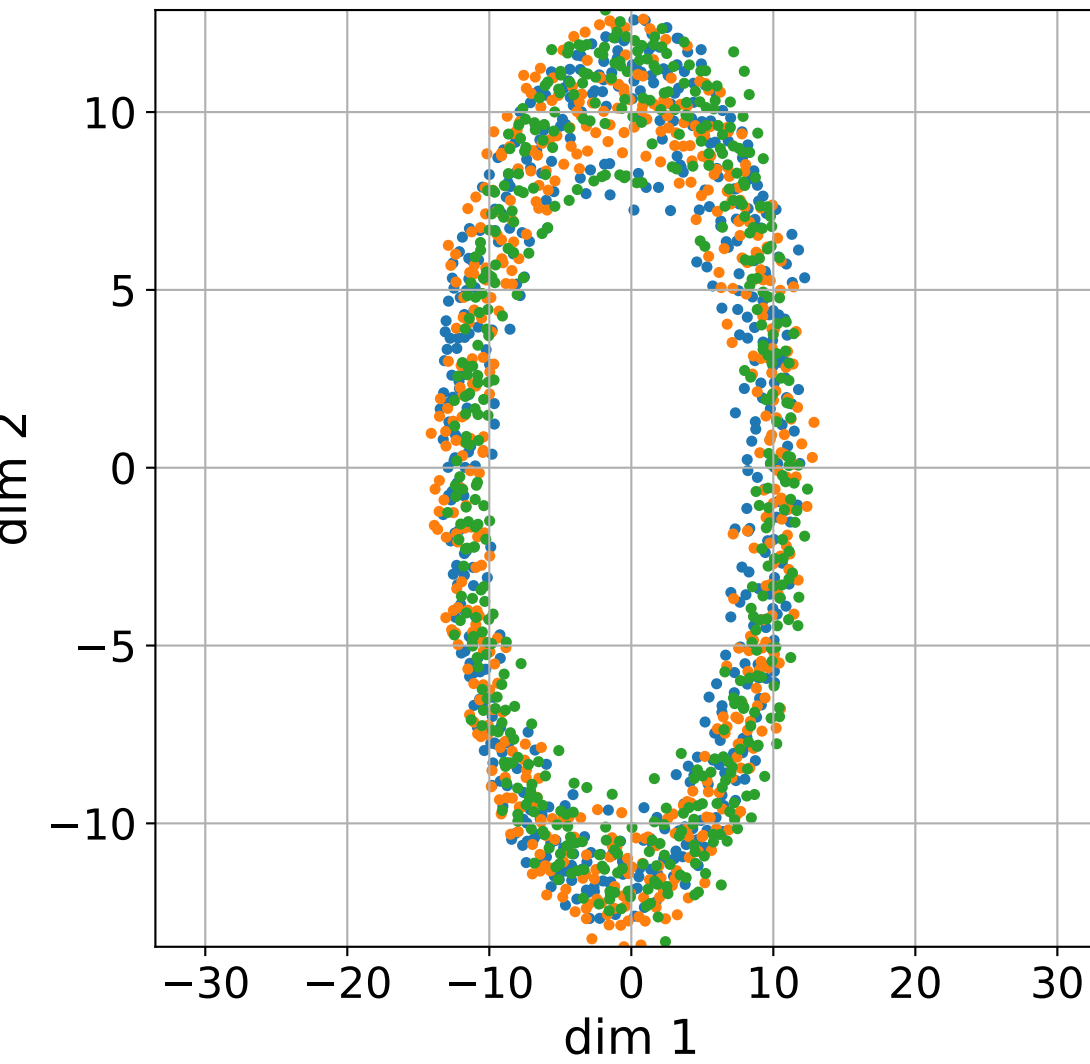
bilateral upper limb extension



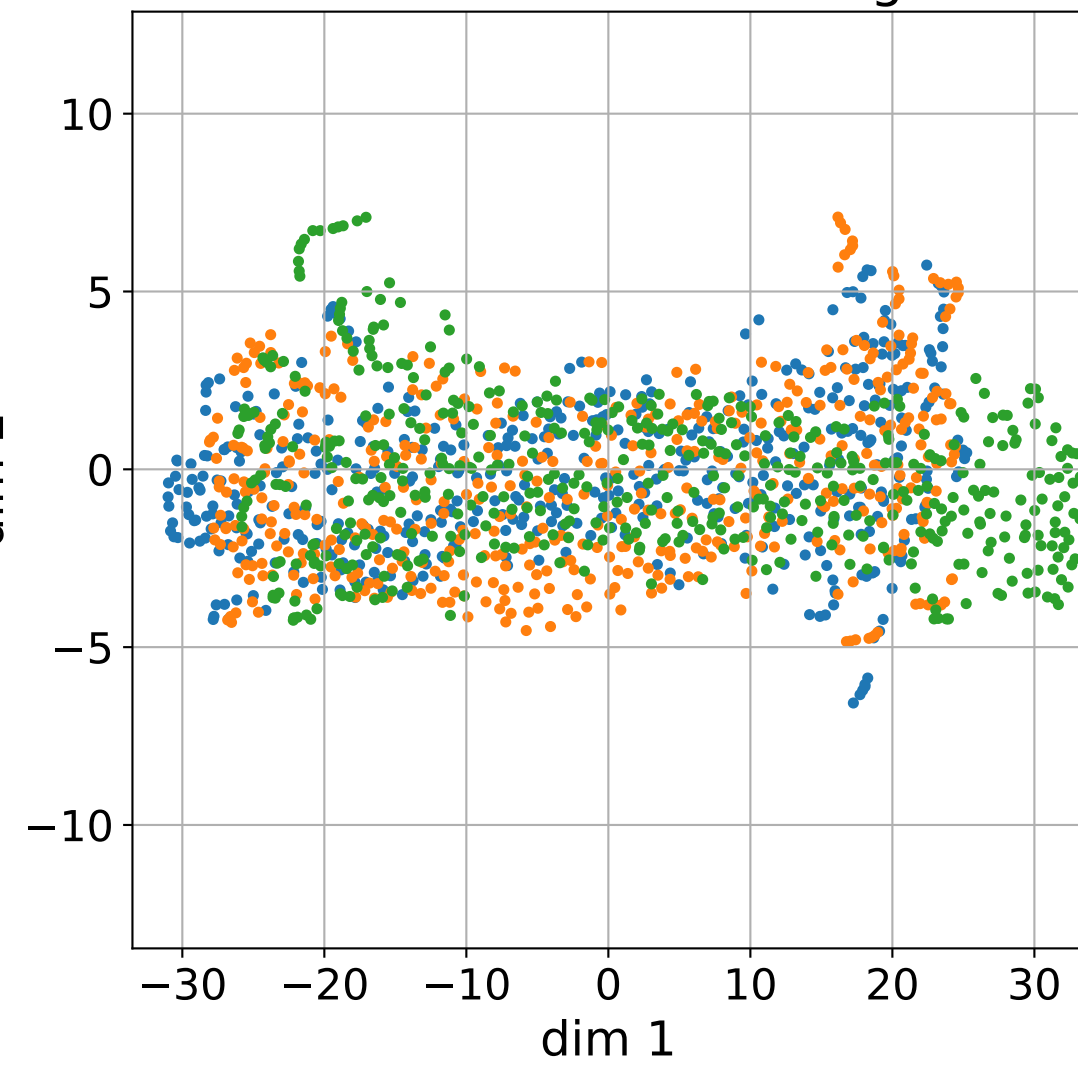
bicep curls



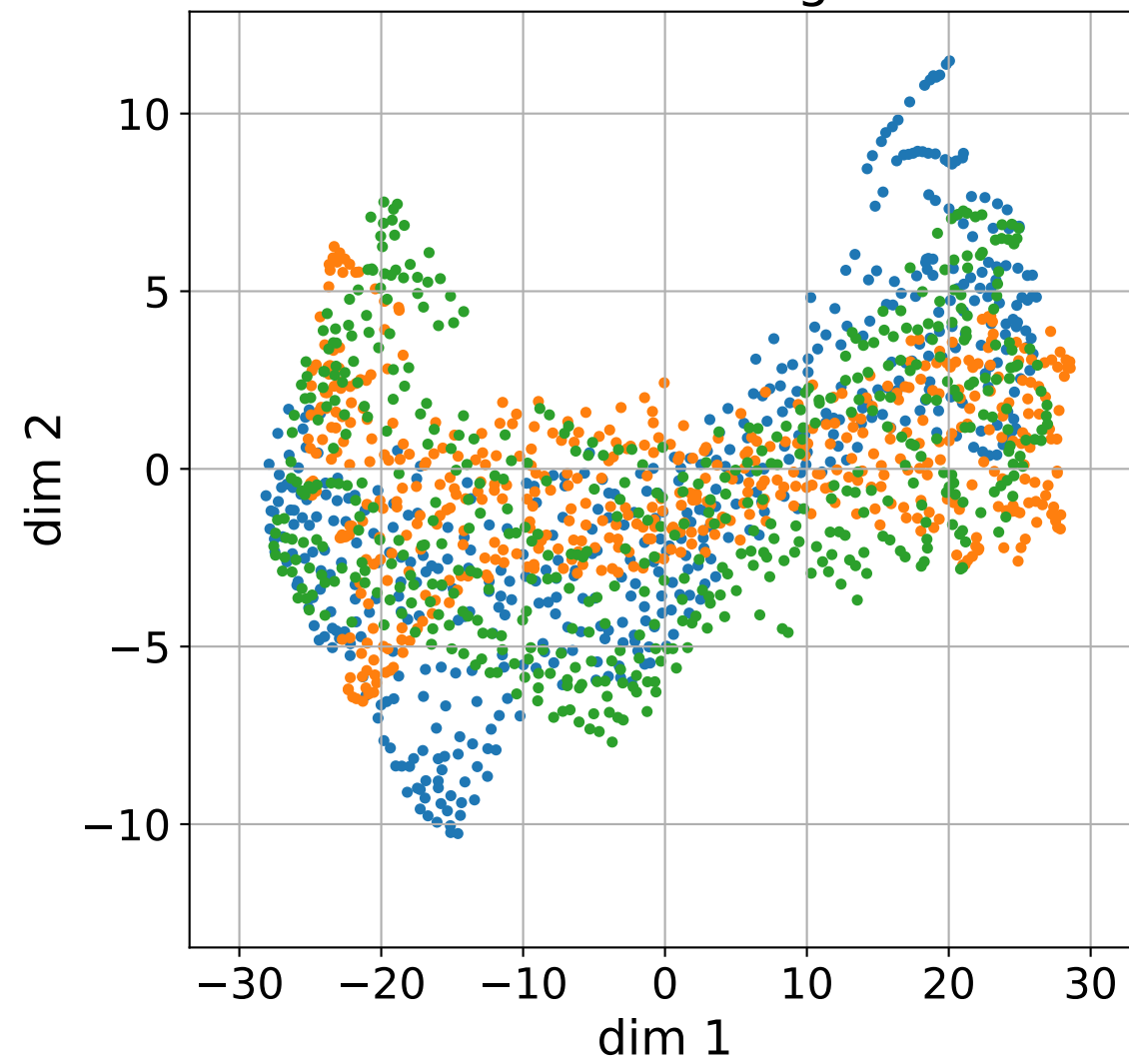
front arm rotation



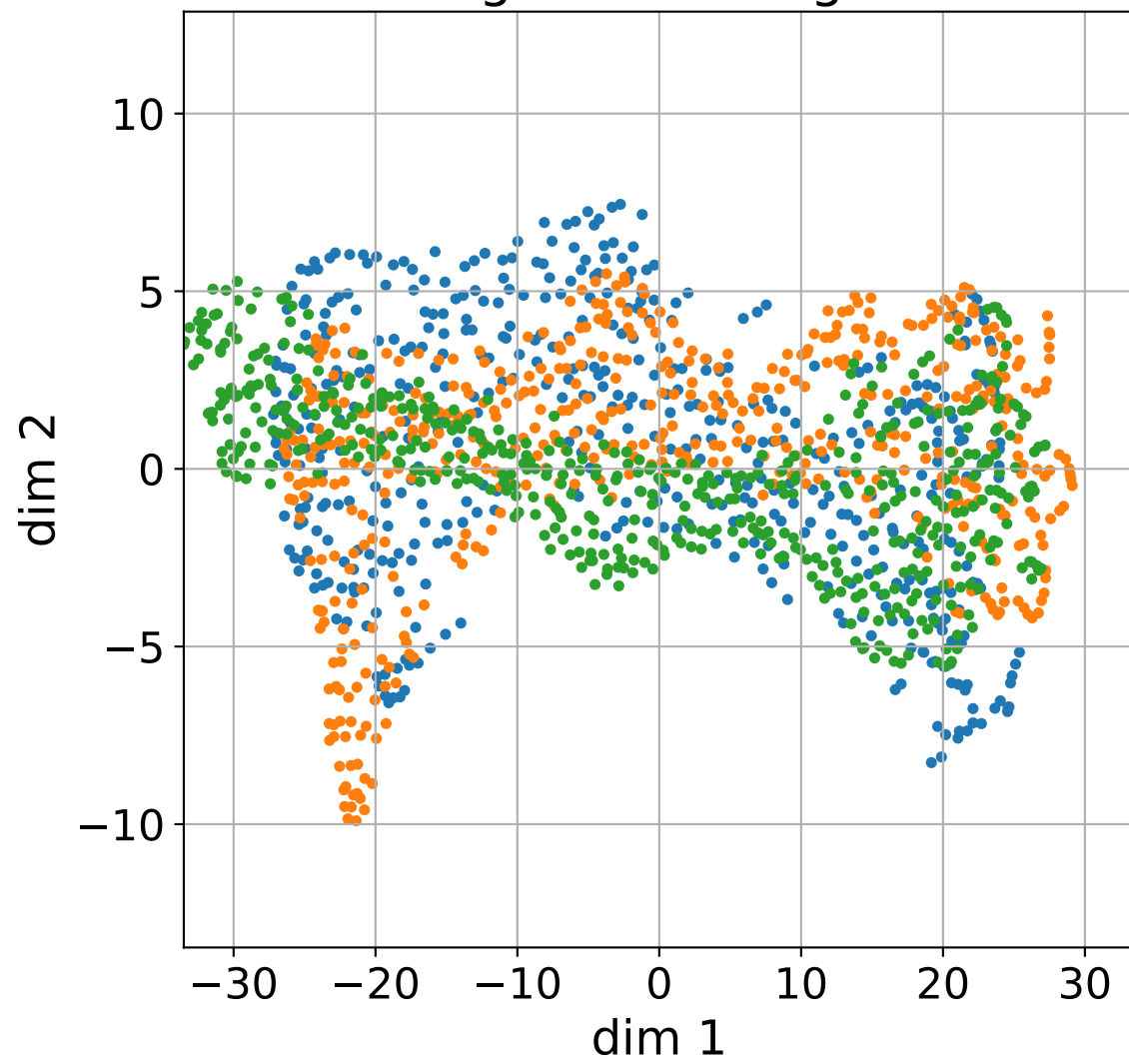
torso forward bending



left front lunge



right front lunge



squats

