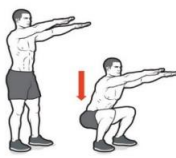

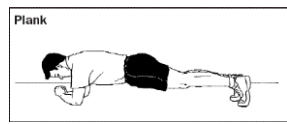

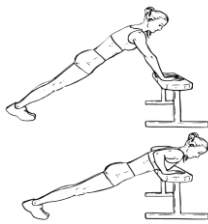
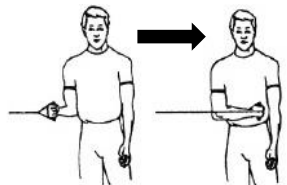
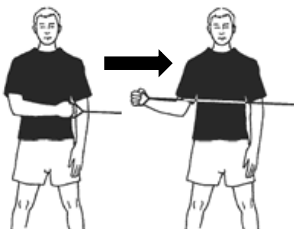
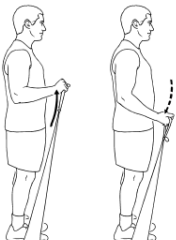
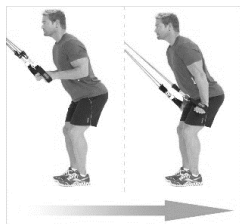


FITNESS TRAINING EXERCISES

Note: L+R= left and right side

1	2	3	4	5
				
20 reps, 3 sets	20 reps	Hold up to 1 min, rest 10s, 3 sets	3mins	10-15 reps

6	7	8	9
			
20 reps, 3 sets (L+R)	20 reps, 3 sets (L+R)	20 reps, 3 sets (L+R)	20 reps, 3 sets (L+R)