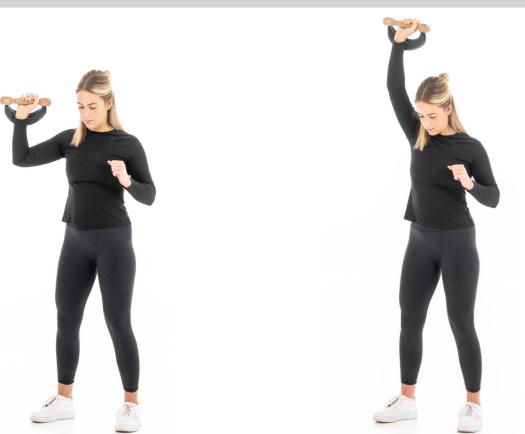


SwingBells Exercises



Clean Press



Swing

Rhombos



Lunges



Hammer Curls

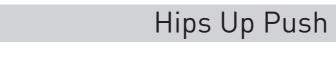








Back Kicks













Chest Press

Pull Over

Legs Up





