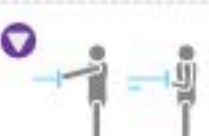
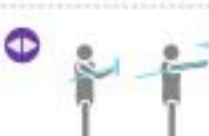


CORE	 Pallof Press	 Standing Abs Twist	 Oblique Side Bend	 Low-High Abs Chop
QUADS	 Knee Extension	 Hip Flexion	 Hip Adduction	 Squat
GLUTES/ HAMSTRINGS	 Hip Extension	 Hamstring Curl	 Hip Abduction	 Deadlift
BICEPS/ TRICEPS	 Tricep Pull Down	 Tricep Extension	 Bicep Curl	 Overhead Tricep Extension
BACK	 Rear Fly	 Straight Arm Row	 Row	 Low Row
CHEST	 Chest Press	 Chest Fly	 Incline Press	 Low Fly
SHOULDERS	 Internal Rotation	 External Rotation	 Lateral Raise	 Shoulder Press

FITNESS ACCESSORY

-  Straight Band with Handle
-  V Band with Handle
-  Straight Band with Ankle Cuff

AGUALOCK POSITION

-  Upper
-  Lower
-  Floor