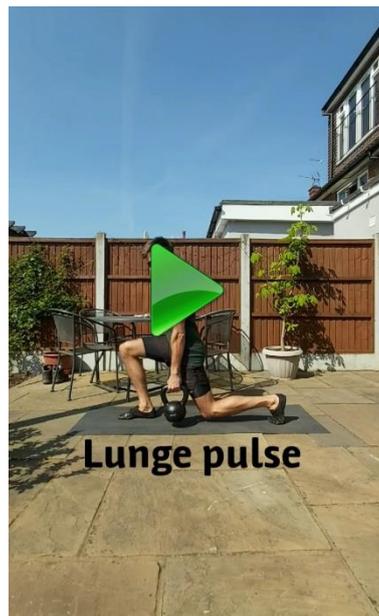
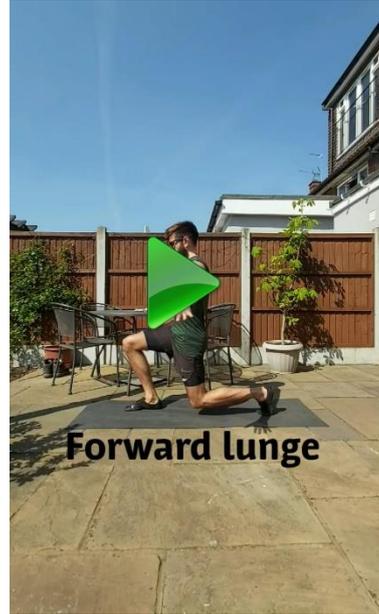

MOVE BETTER FEEL BETTER

EXERCISE LIBRARY

RESISTANCE









Step up + reverse lunge



Reverse lunge + press



Goblet squat



Deadlift



