

MOVE BETTER FEEL BETTER

# EXERCISE LIBRARY

## UPPER BODY



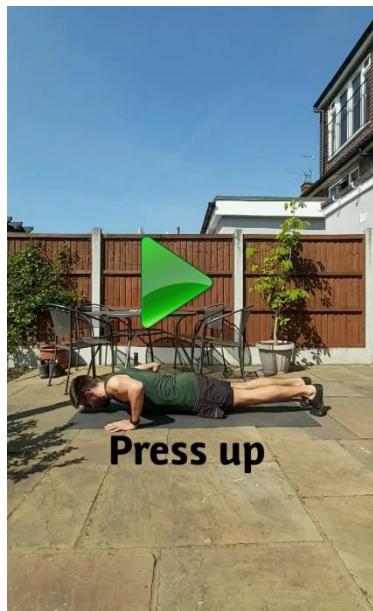




**Handcuffs**



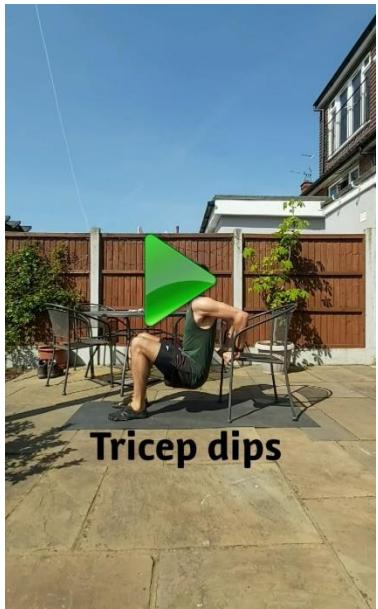
**Kneeling press up**



**Press up**



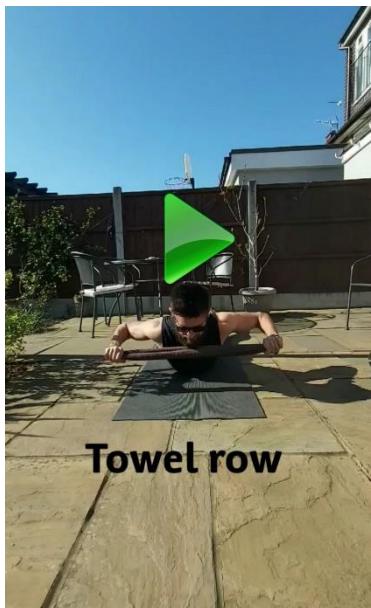
**Decline press up**



**Tricep dips**



**Tricep dips  
(Advanced)**



**Towel row**



**Towel iso hold**



**Towel reverse fly**