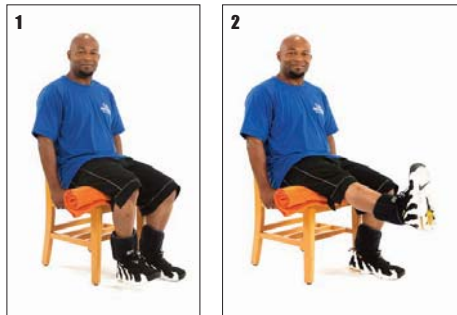


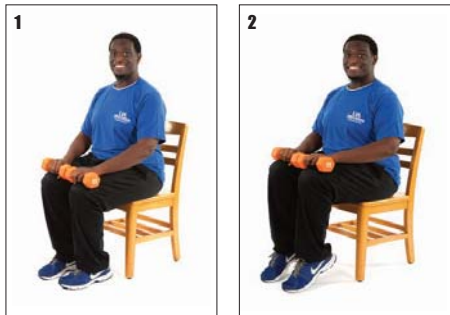
# GET PUMPED:

## Seated Strength Training Basics

Knee Extension



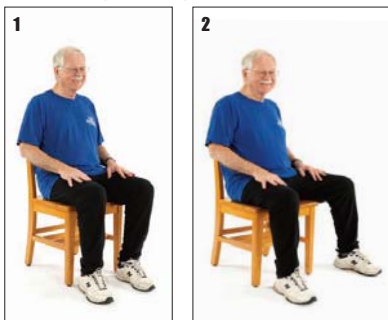
Seated Calf Raise



Butt Squeeze



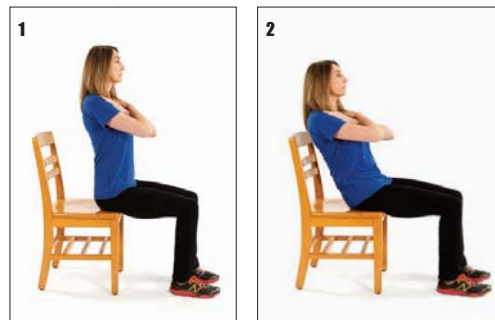
Flamingo Legs



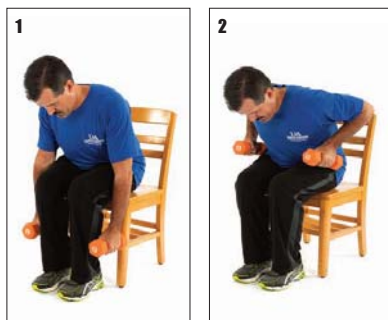
Hamstring Stretch



Rocking Chair



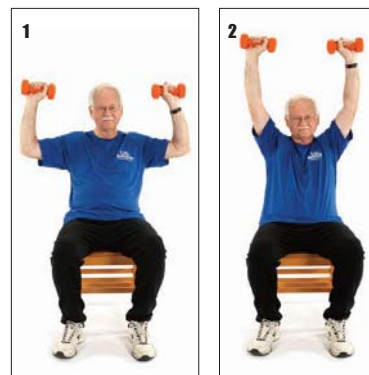
Bent Over Row



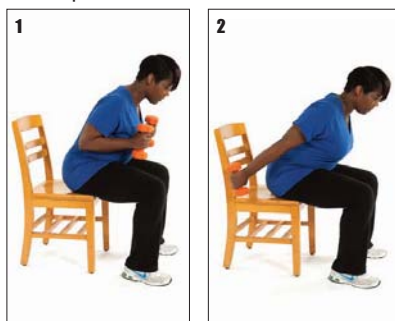
Modified Side Arm Raise



Overhead Press



Triceps Kickback



Concentration Curl

