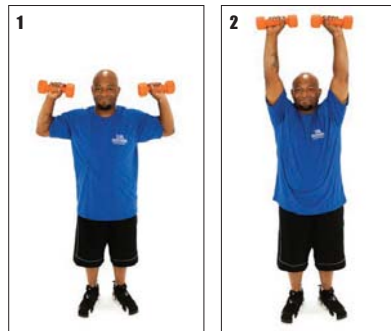


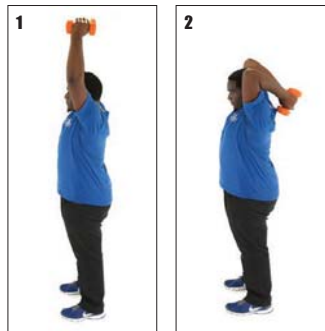
PUMP IT UP:

Strength Training Basics

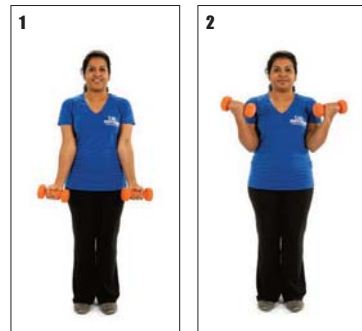
Overhead Press



Triceps Extension



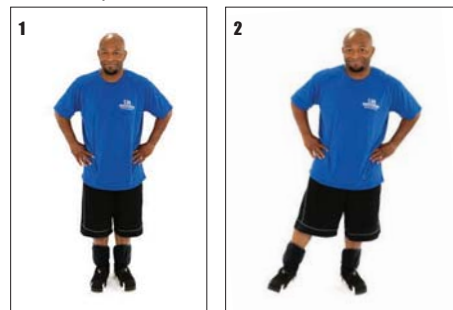
Biceps Curl



Marching Crunch



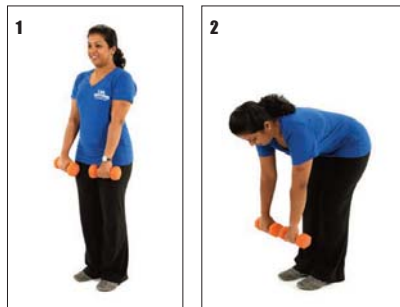
Side Hip Raise



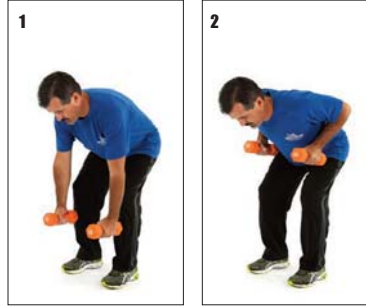
Hip Extension



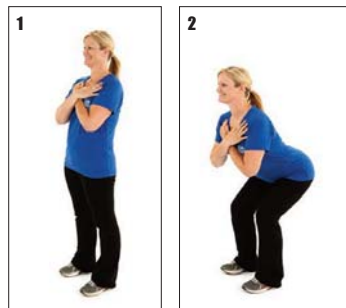
Dead Lift



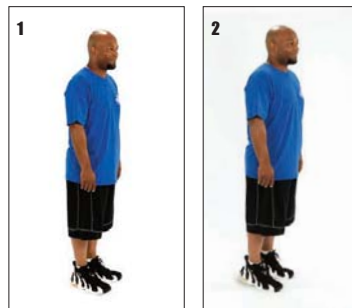
Bent Over Row



Squat



Calf Raise



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