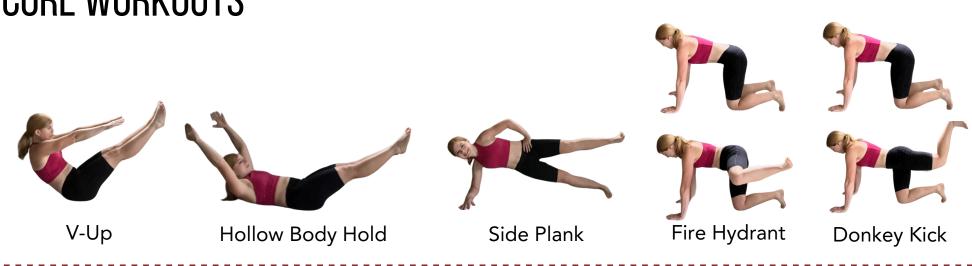
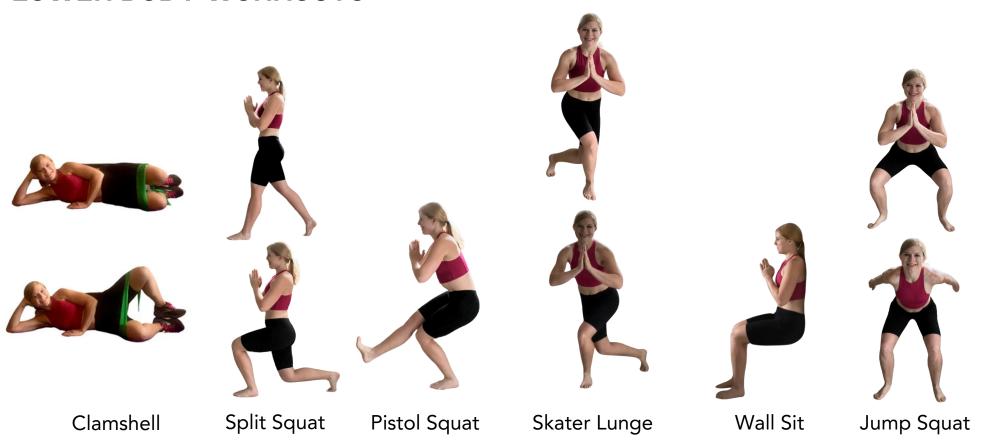
ADVANCED BODYWEIGHT EXERCISES

CORE WORKOUTS



LOWER BODY WORKOUTS



UPPER BODY WORKOUTS



Push Up

Spiderman Pushup

Shoulder Tap

Mountain Climber