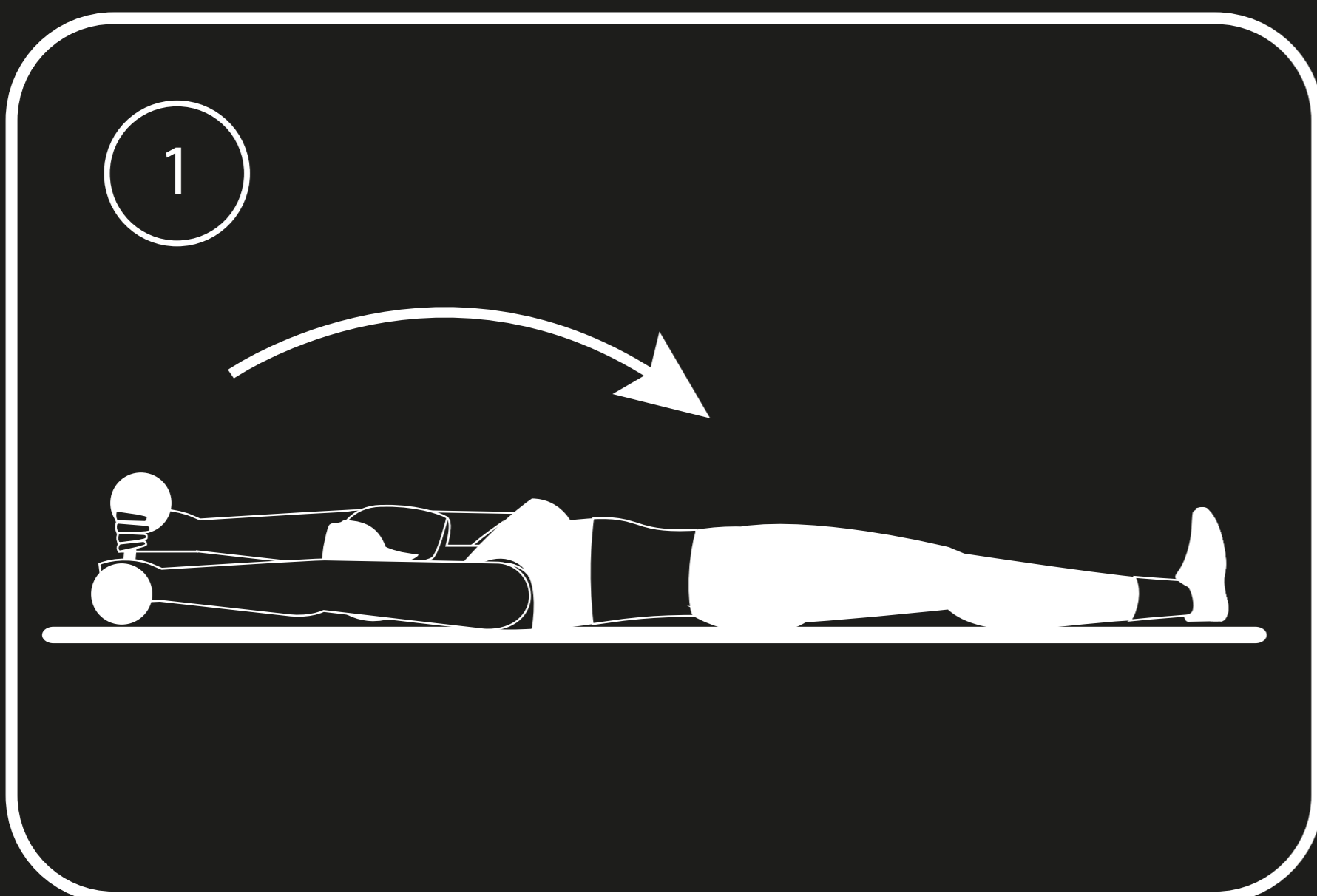
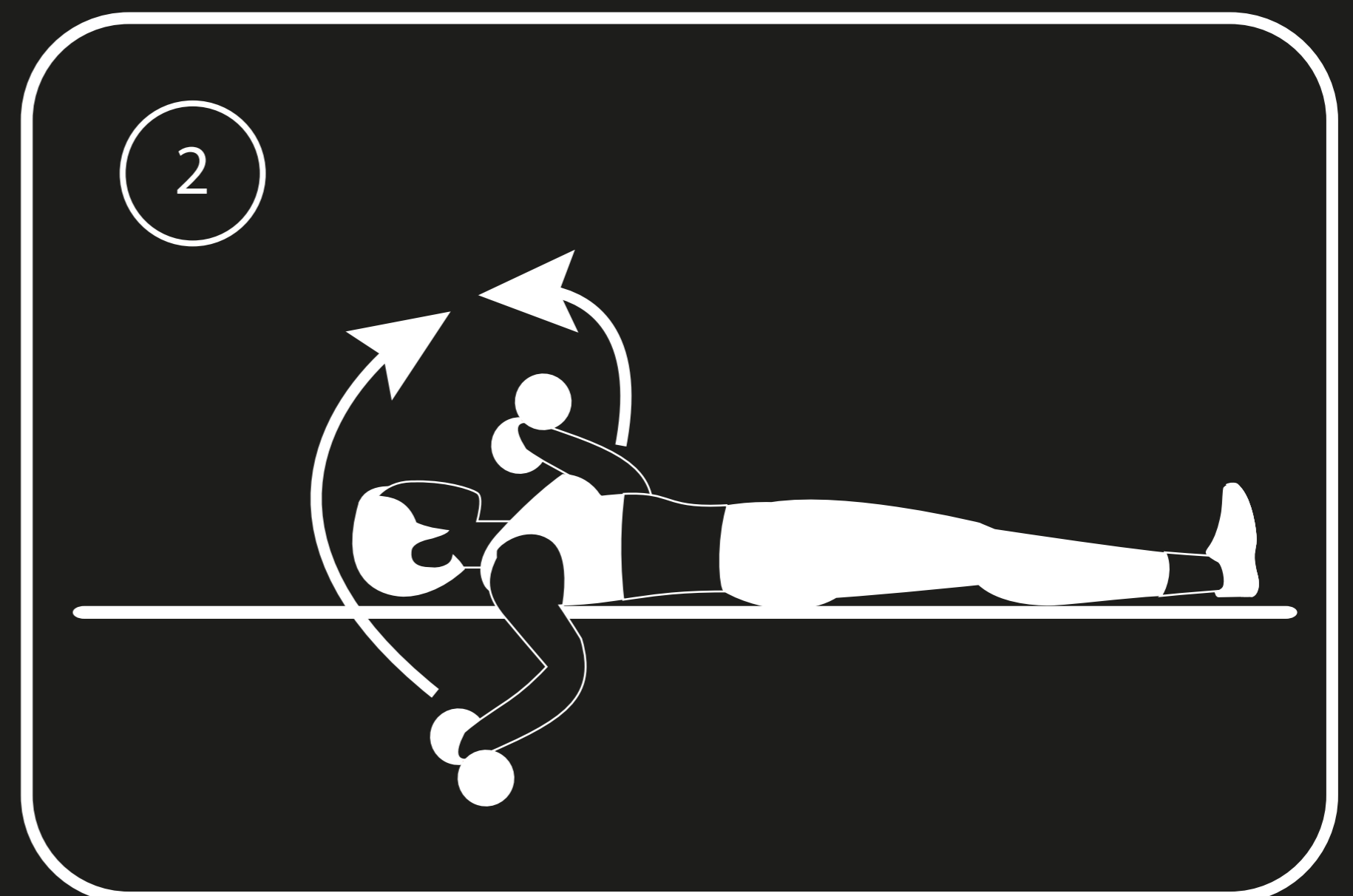




# EXERCISE MAT



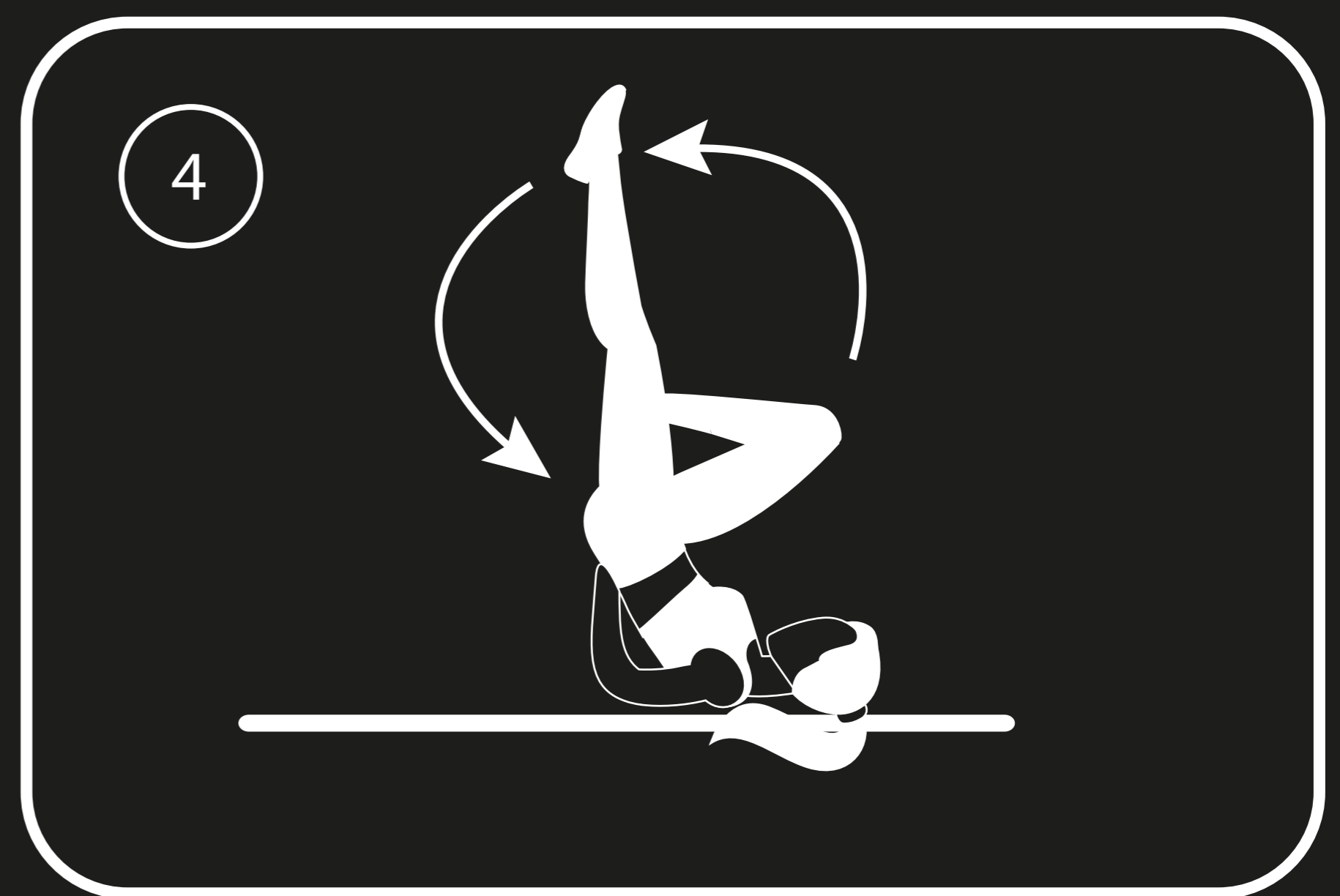
STRAIGHT ARM DUMBBELL PULLOVER



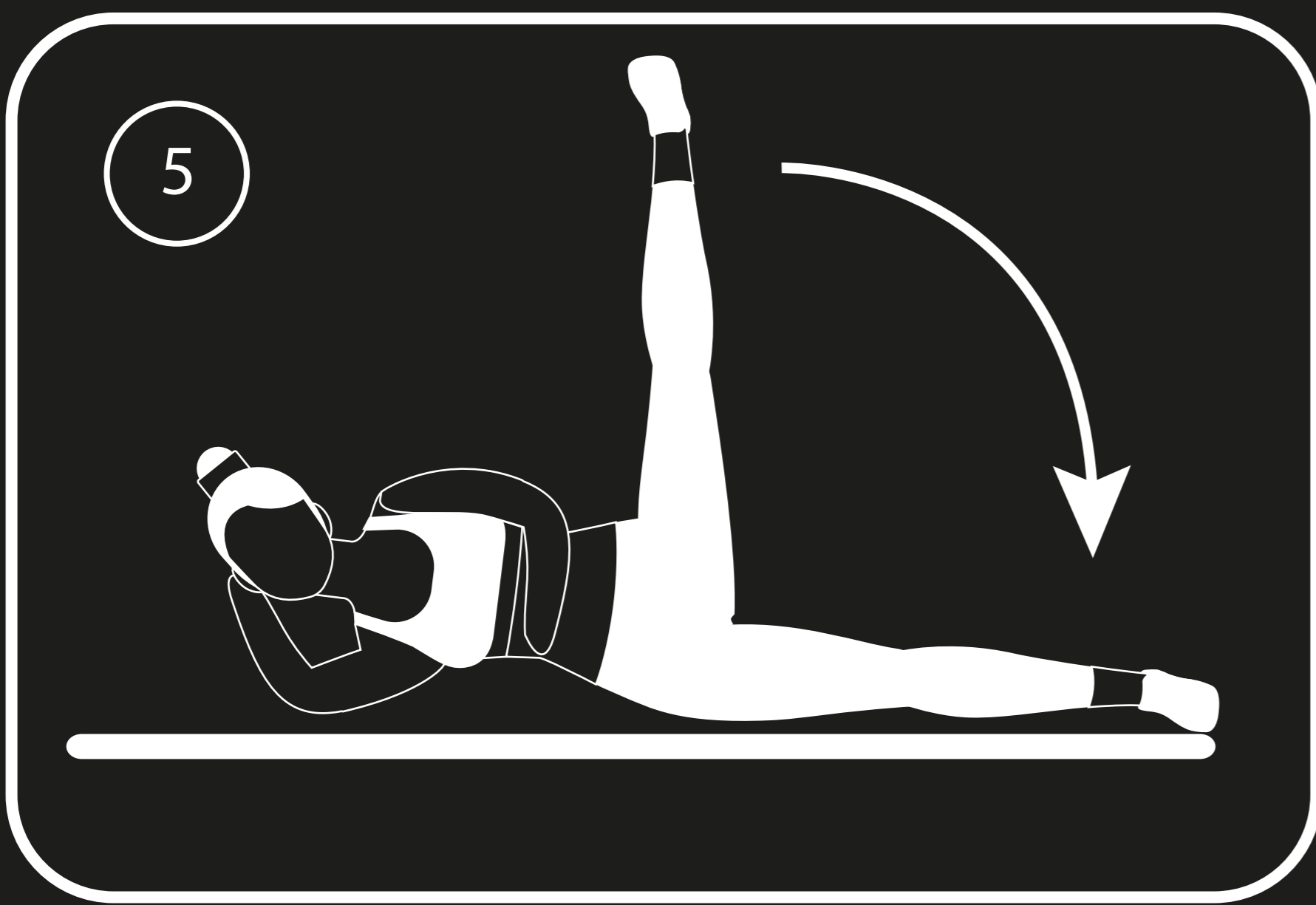
DUMBBELL FLYS



THE LUNGE



INVERTED BICYCLE EXERCISE



BENT LEG CRUNCH SITUP



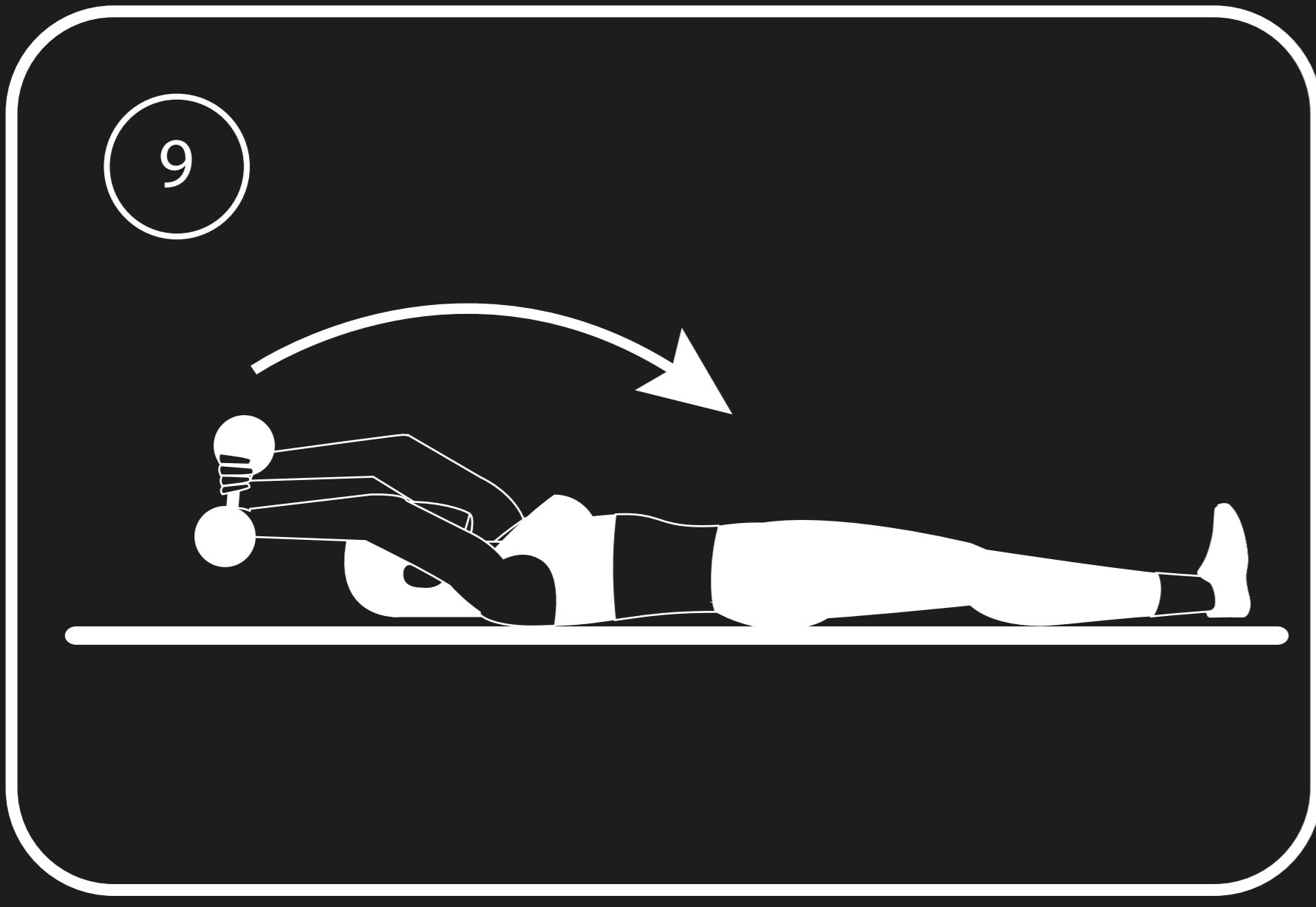
HURDLE STRETCH



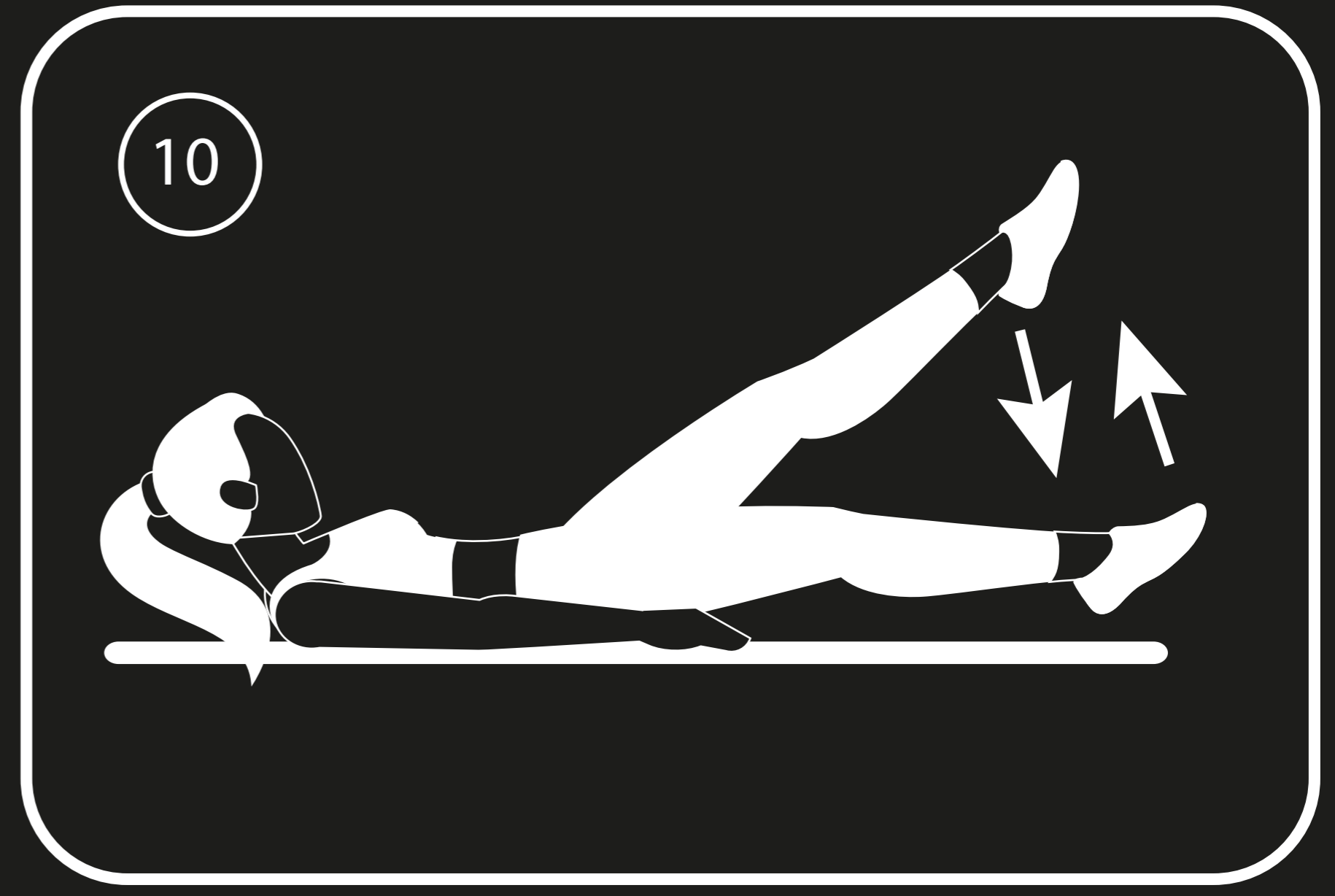
BENT LEG CRUNCH SITUP



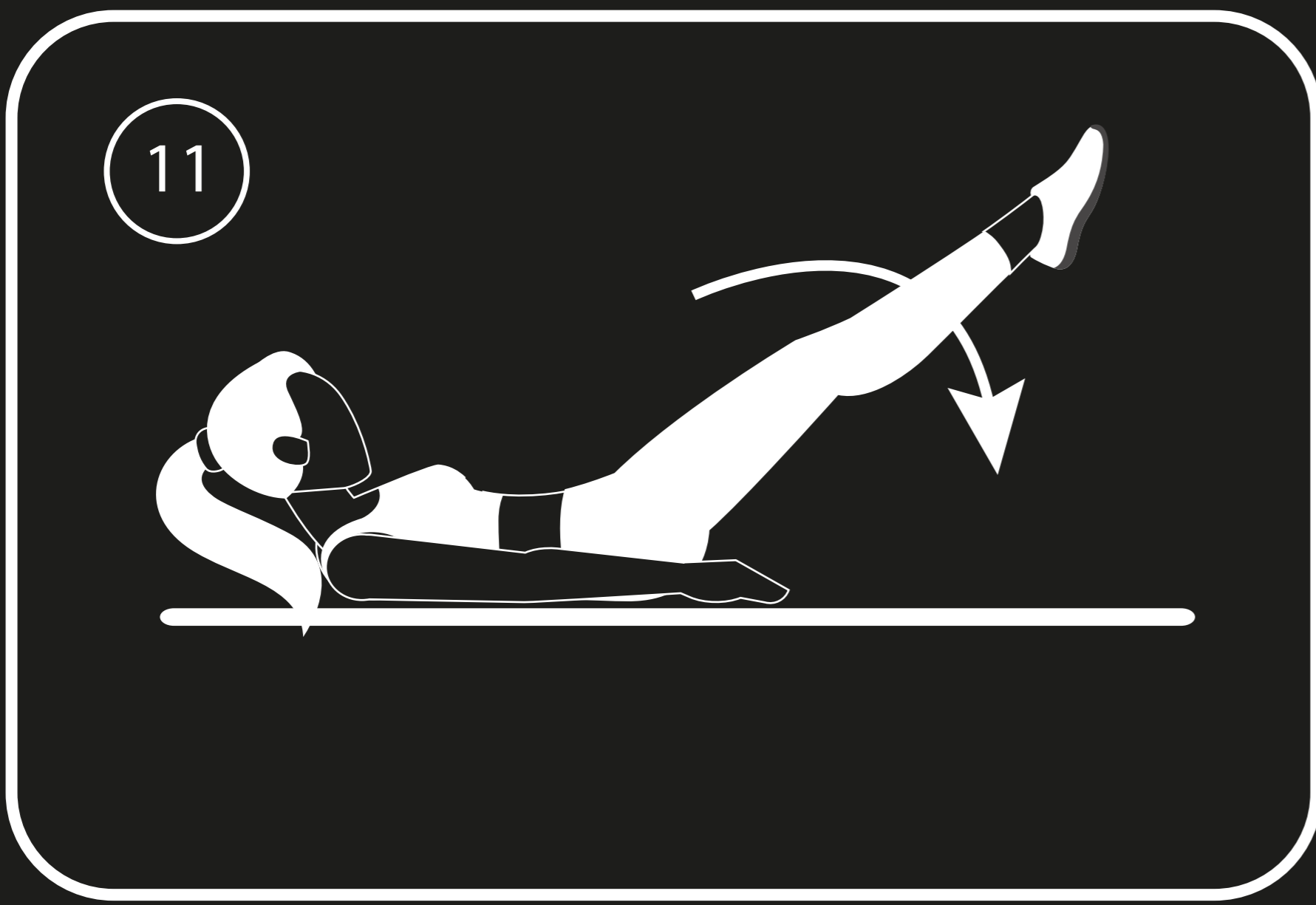
JOGGING IN PLACE



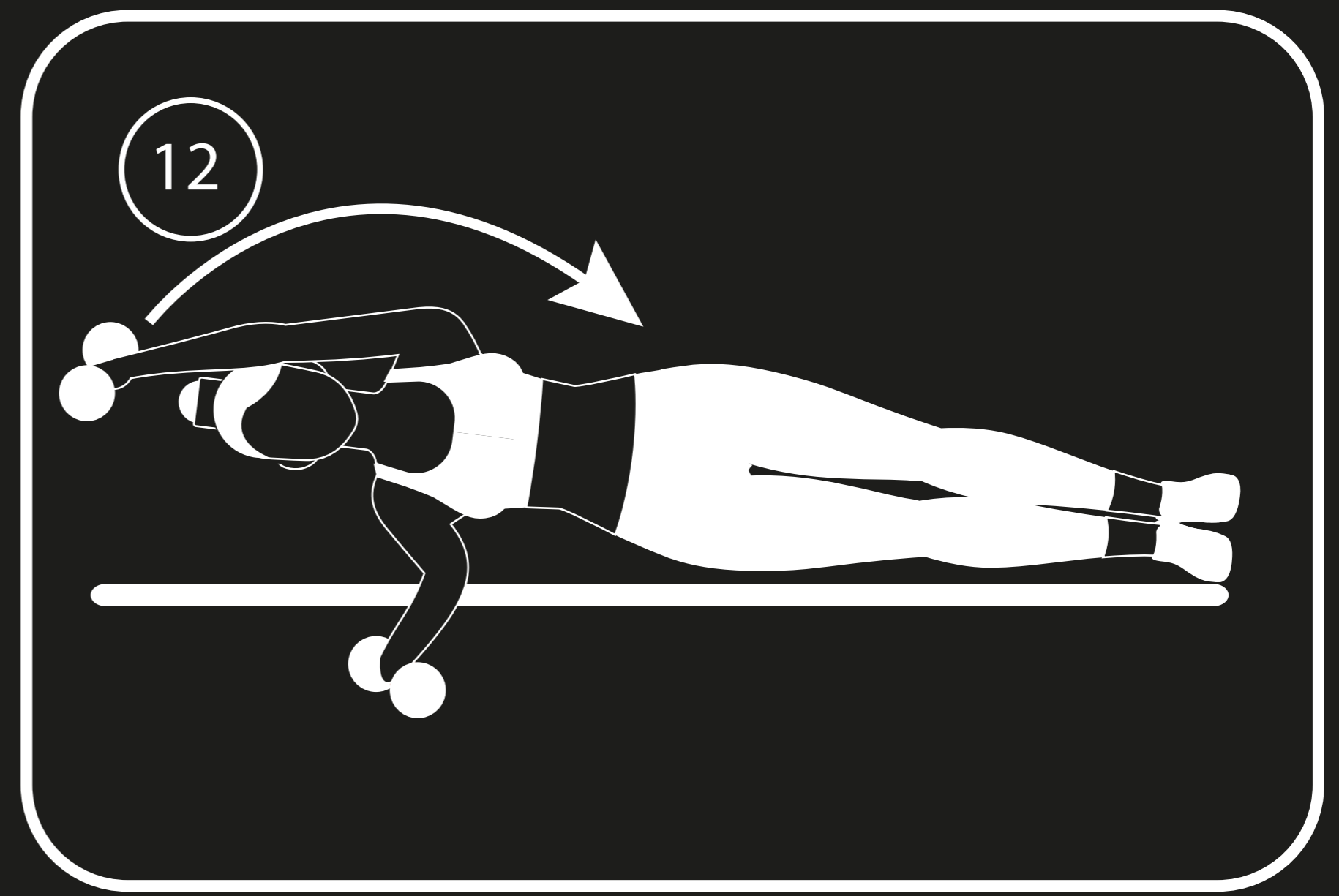
DUMBBELL TRICEPS EXTENSION



LEG SCISSORS EXERCISE



DOUBLE LEG RAISE



DUMBBELL FORWARD LATERAL RAISE