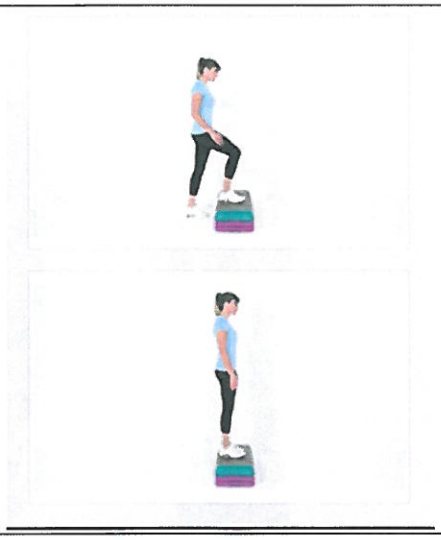
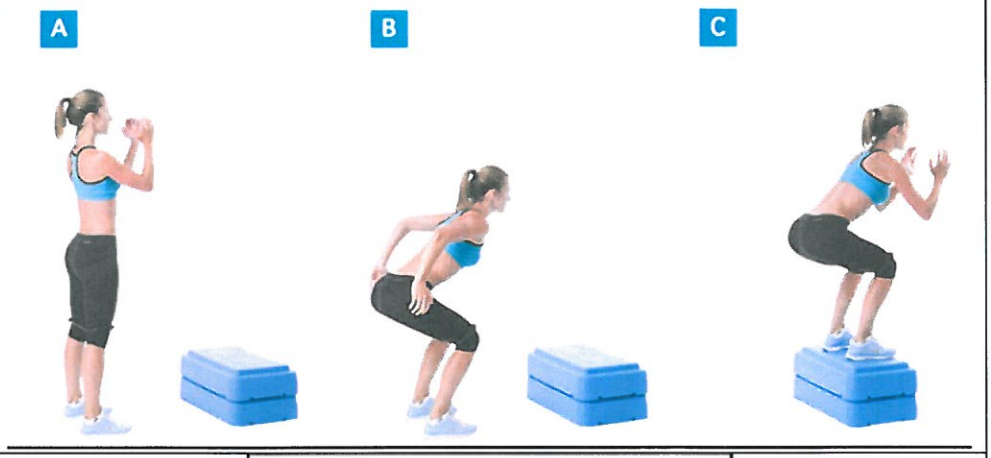
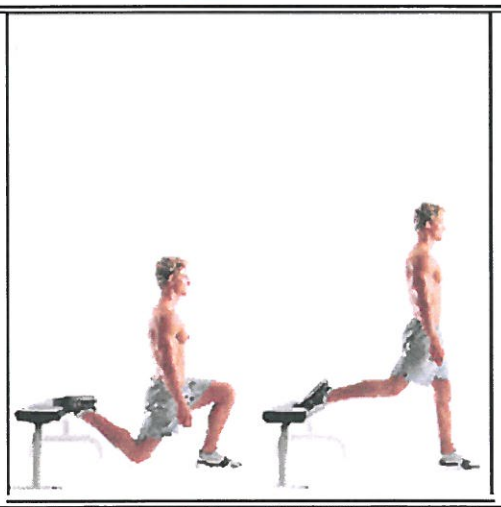
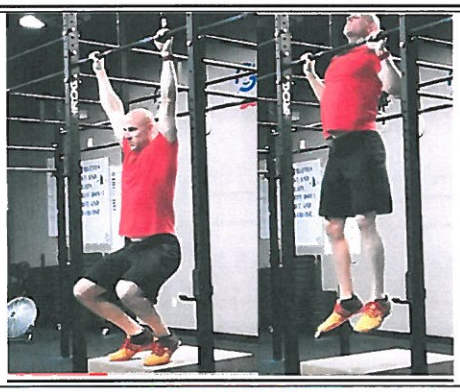
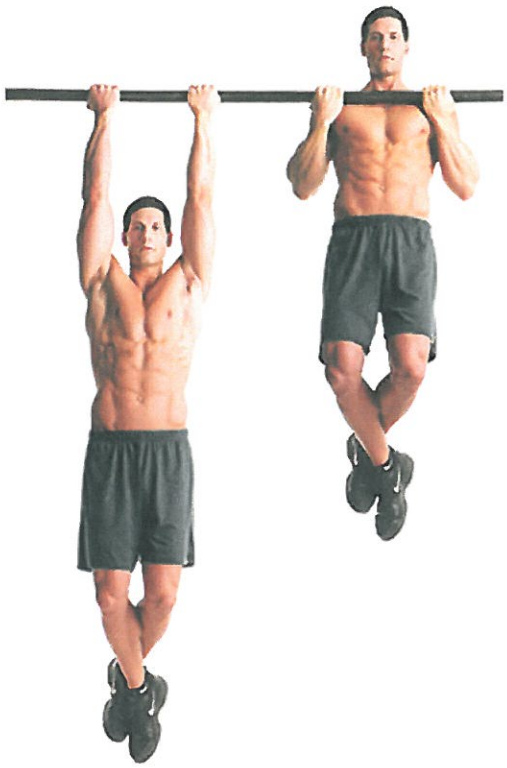
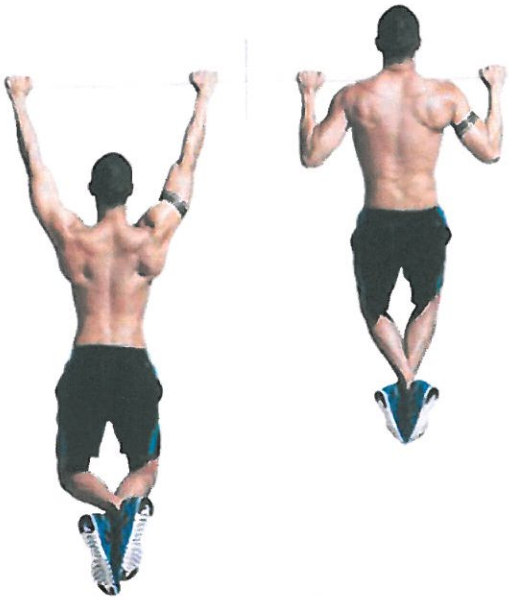
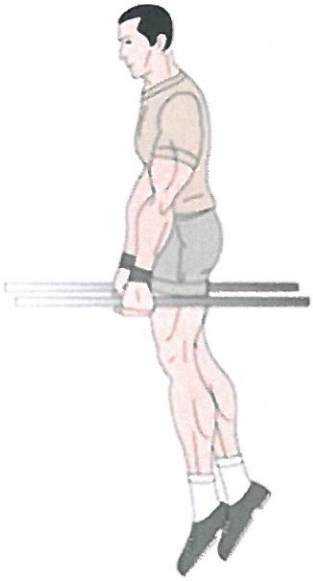
Step-ups	
Beam/Box Jumps	
Split Squats	
Jumping Pull-ups	

Chin-Up	
Pull-Up	

Lat Pull Down	
Chest Press	
Leg Press	

Shoulder Press	
Parallel Bar Hold/Support	
Parallel Bar Dip	