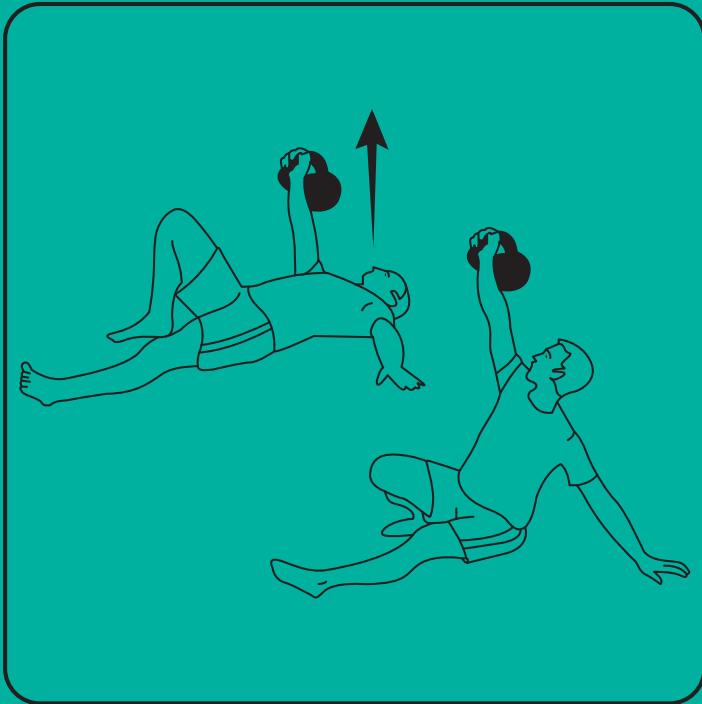
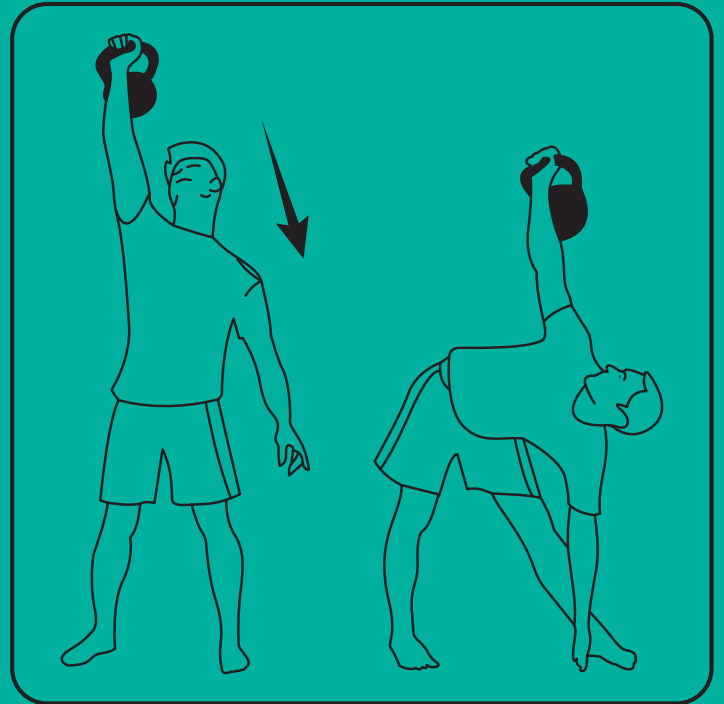


## CHEST

### HALF GET UP CHEST PRESS



### TOP HAND WINDMILL



### RENEGADE ROW WITH PUSH UP

