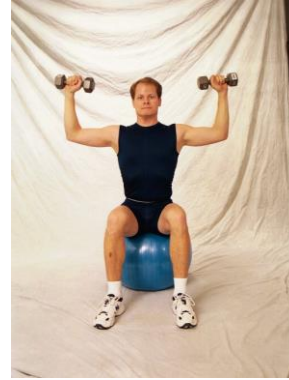
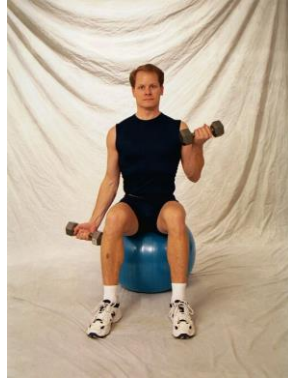
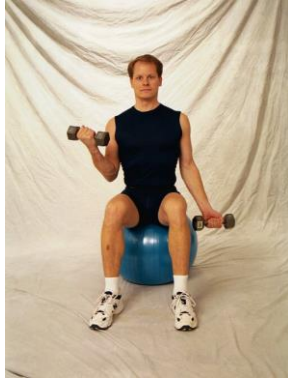


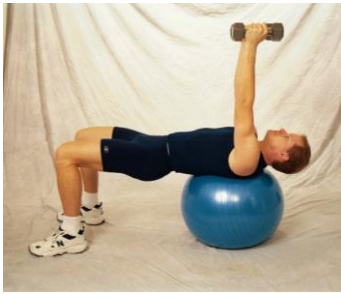
Arms



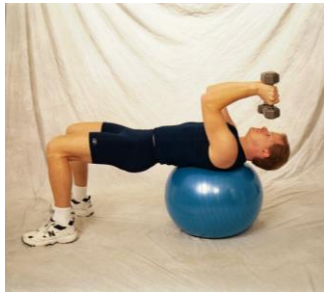
Biceps Curls



Triceps Press



Triceps Hammer Curls on the ball.



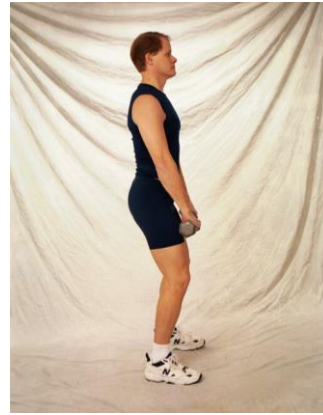
Triceps press on the wobble board.



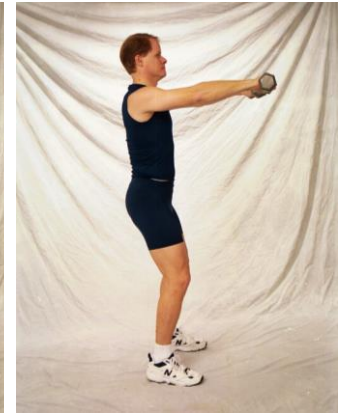
Deltoid Fly



to side



to front



Triceps/Biceps Roll Out on a Ball