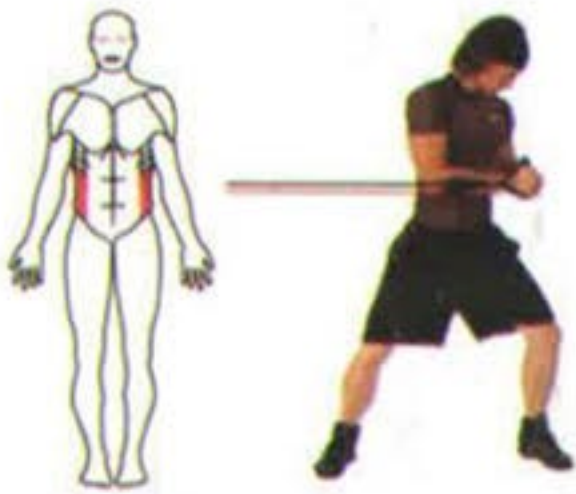


Resistance Band Workout

Oblique Twist



Shoulder Rotation



Bicep Curl



Lateral Raise



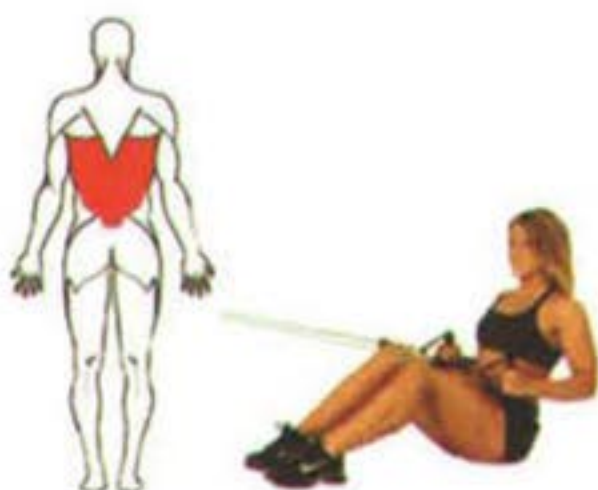
Tricep Extension



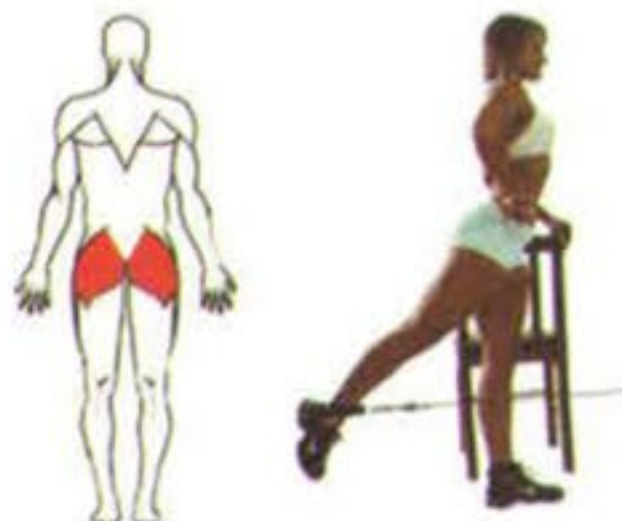
Squat



Seated Row



Glute Squeeze



Hip Abductor

