HIT THE FLOOR
Strength Training with Exercise Mat

Chest:
- Push-up
- Chest Press
- Butterfly Back

Arms:
- Bicep Curl
- Skull Crusher
- Bird Dog

Back:
- Butterfly Back
- Side Lateral Raise

Biceps:
- Abdominal Curl
- Oblique Curl
- Reverse Curl

Legs:
- Side Leg Raise
- Hamstring Curl
- Front Lateral Raise
- Side Lateral Raise

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