HIT THE FLOOR
Strength Training with Exercise Mat

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

**ARMS:**
- Skull Crusher
- Bicep Curl
- Bird Dog

**BACK:**
- Butterfly Back
- Bird Dog

**ABS:**
- Abdominal Curl
- Reverse Curl
- Oblique Curl

**LEGS:**
- Side Leg Raise
- Hamstring Curl

**SHOULDERS:**
- Front Lateral Raise
- Side Lateral Raise

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