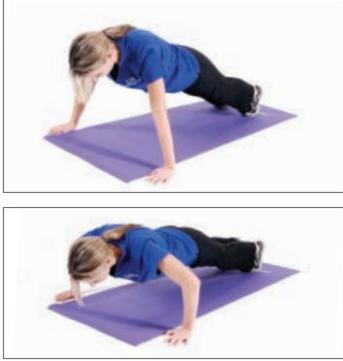


HIT THE FLOOR

Strength Training with Exercise Mat

CHEST:

Push-up



Chest Press



Skull Crusher



ARMS:

BACK:

Butterfly Back



Bird Dog



Bicep Curl



ABS:

Abdominal Curl



Reverse Curl



Oblique Curl



LEGS:

Side Leg Raise

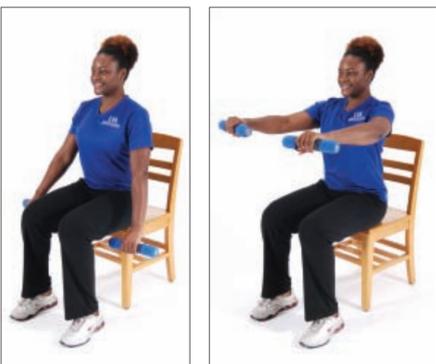


Hamstring Curl



SHOULDERS:

Front Lateral Raise



Side Lateral Raise

