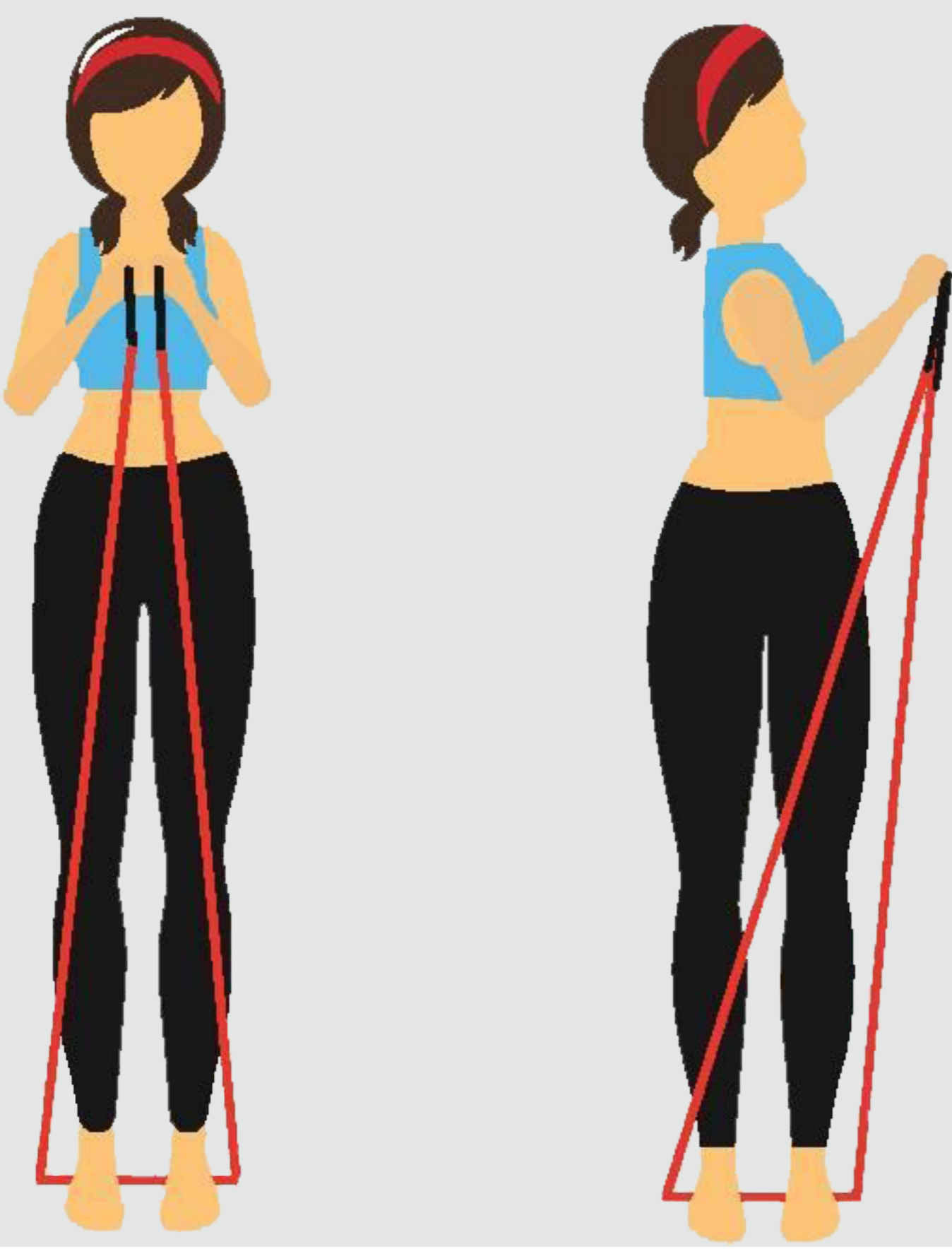


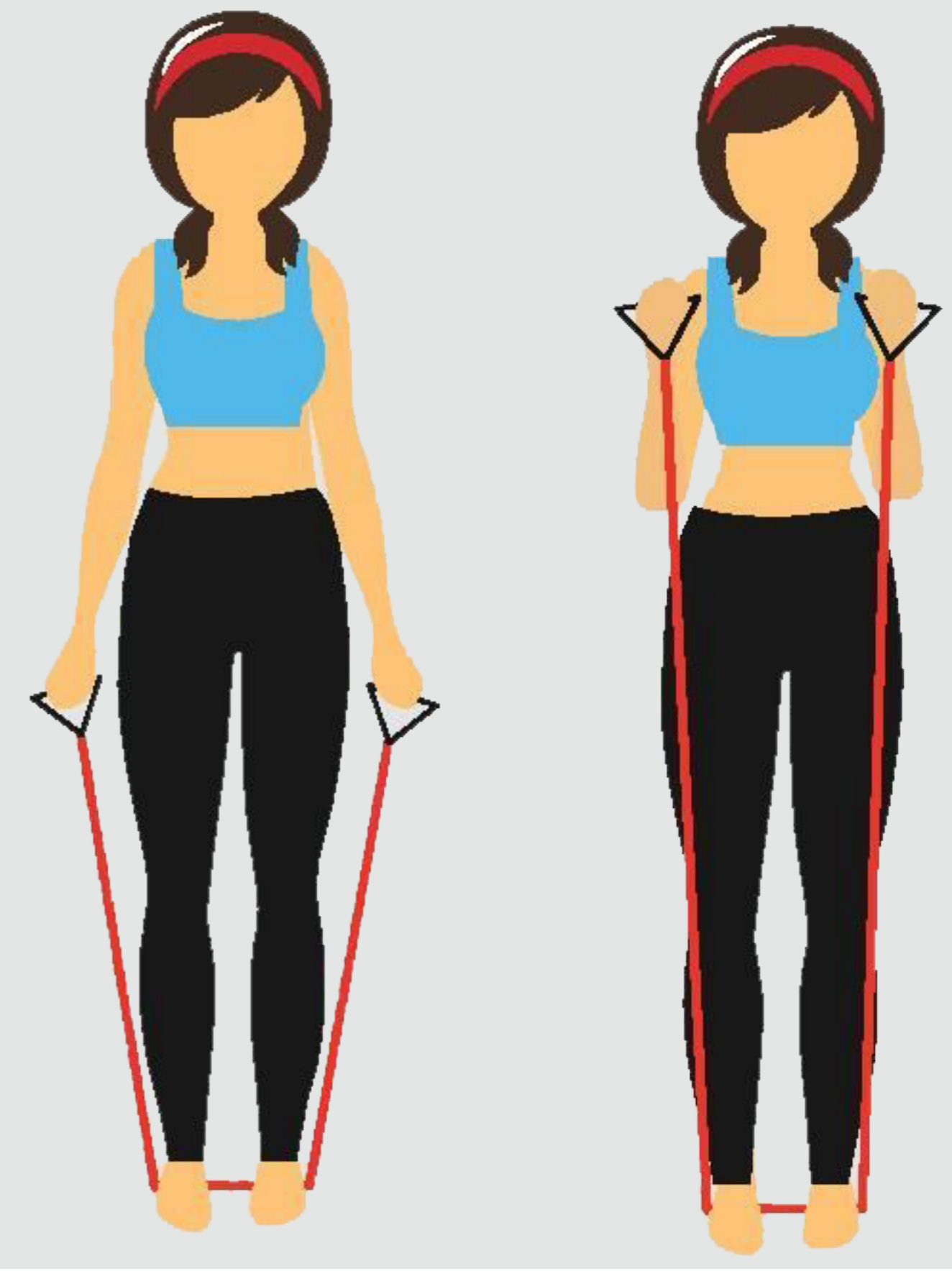
ULTIMATE WORKOUT GUIDE

RESISTANCE BAND

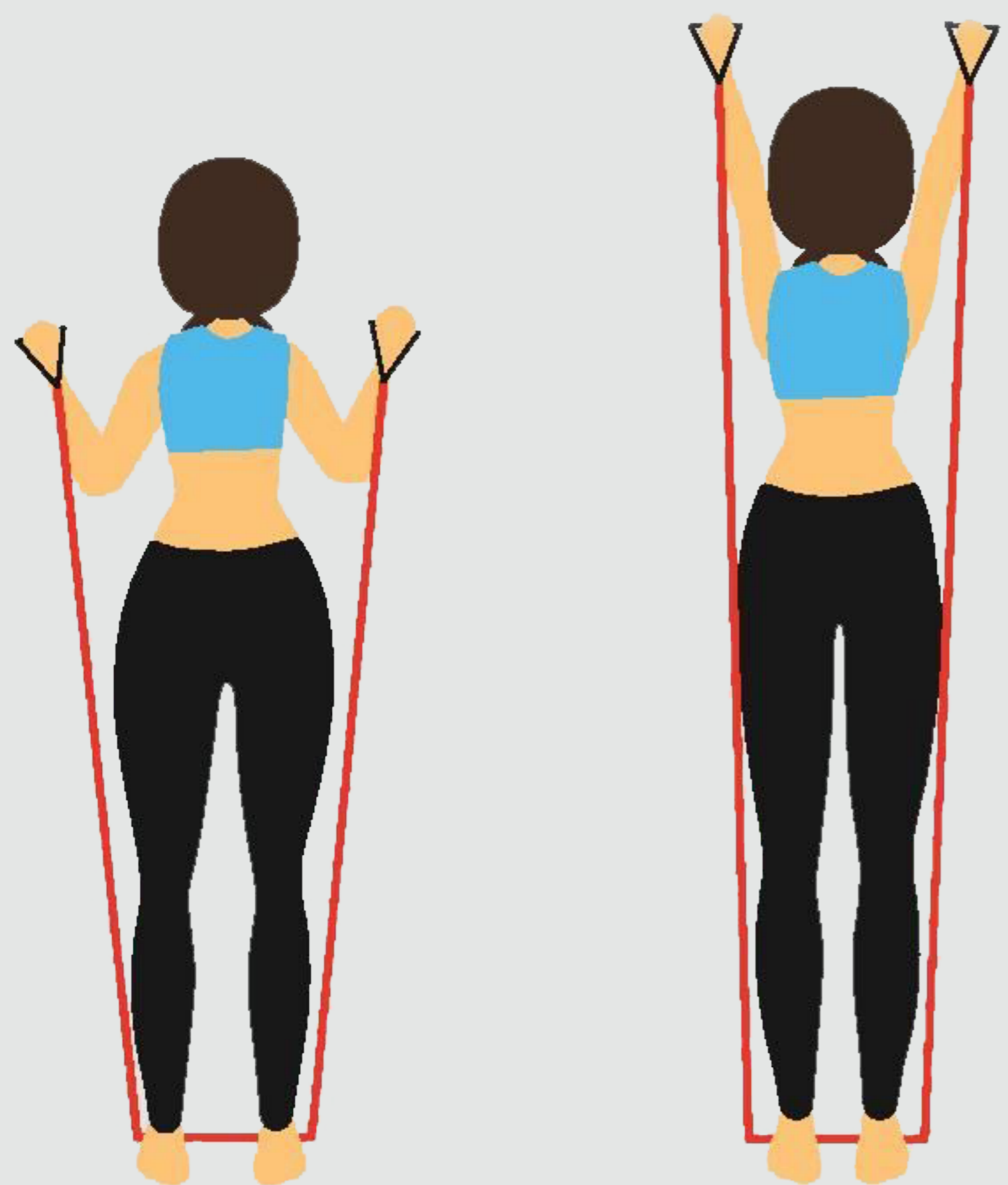
1 STANDING CORE TWIST



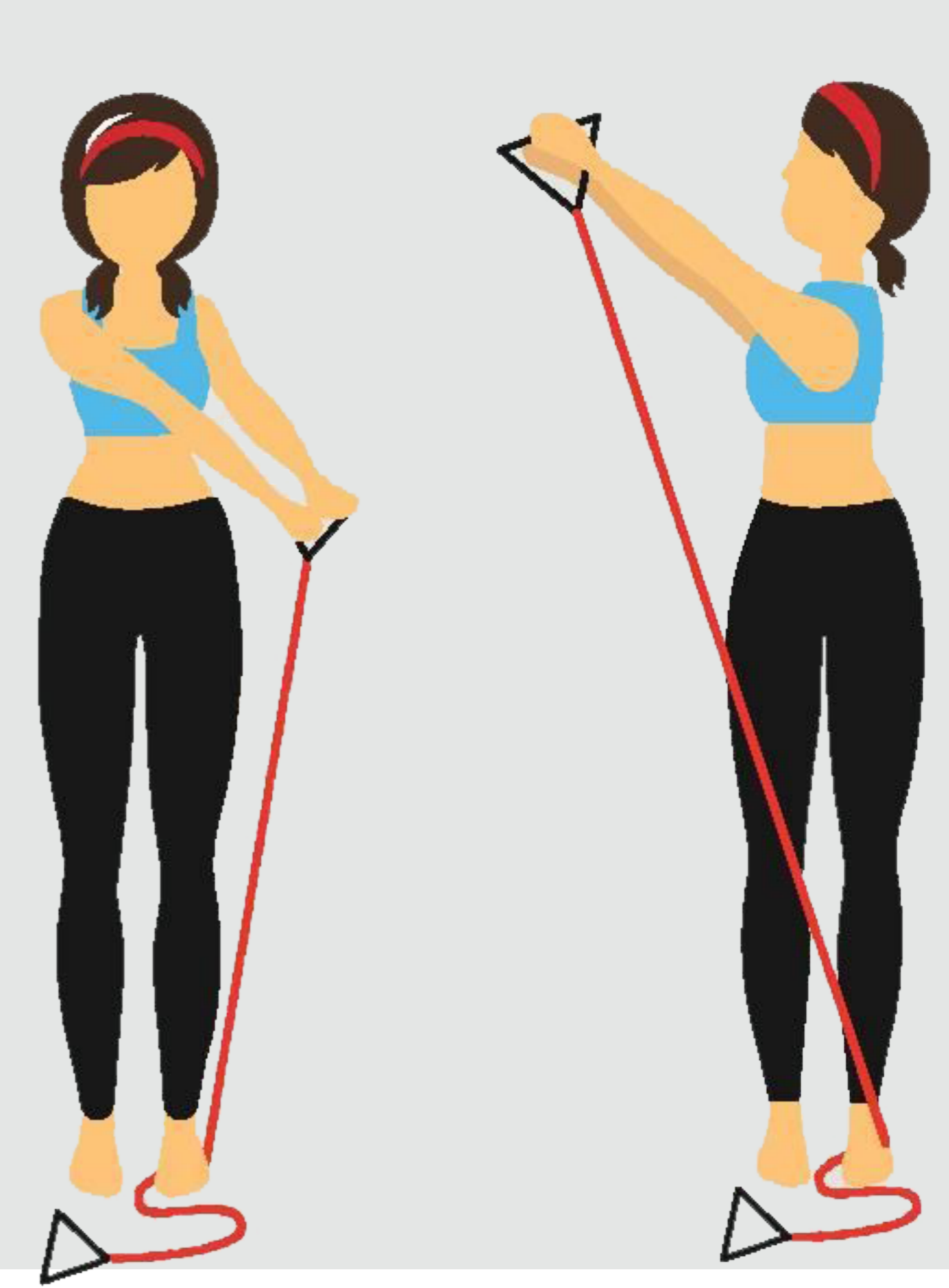
2 BICEP CURLS



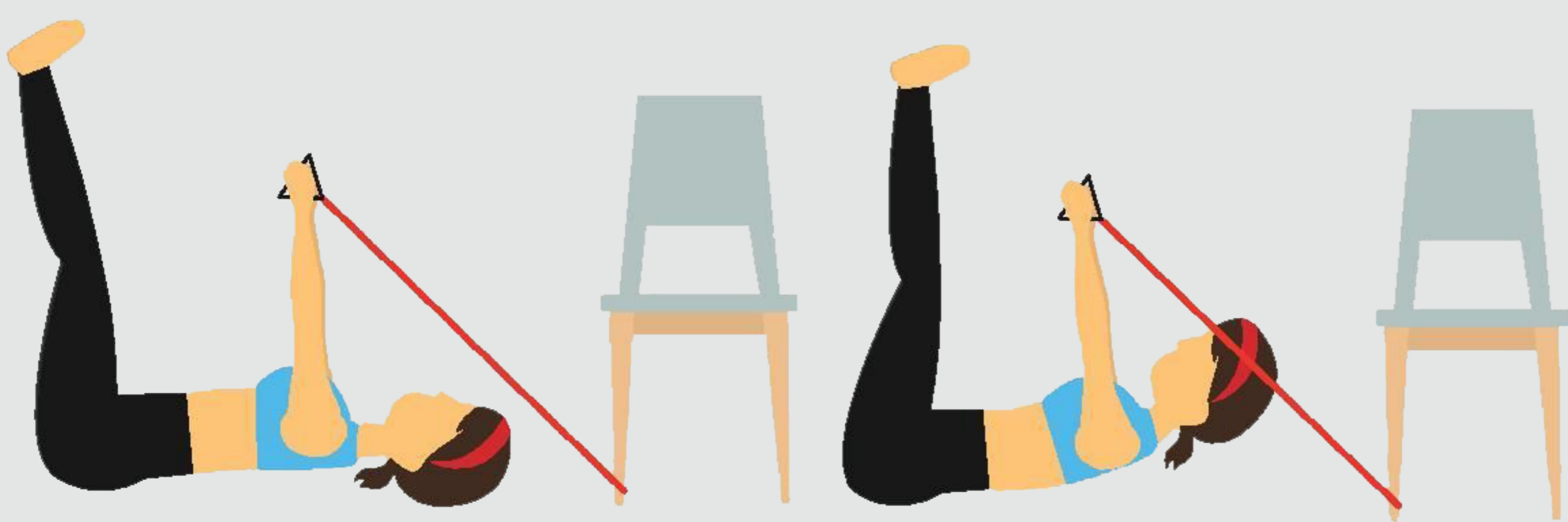
3 SHOULDER STRETCH



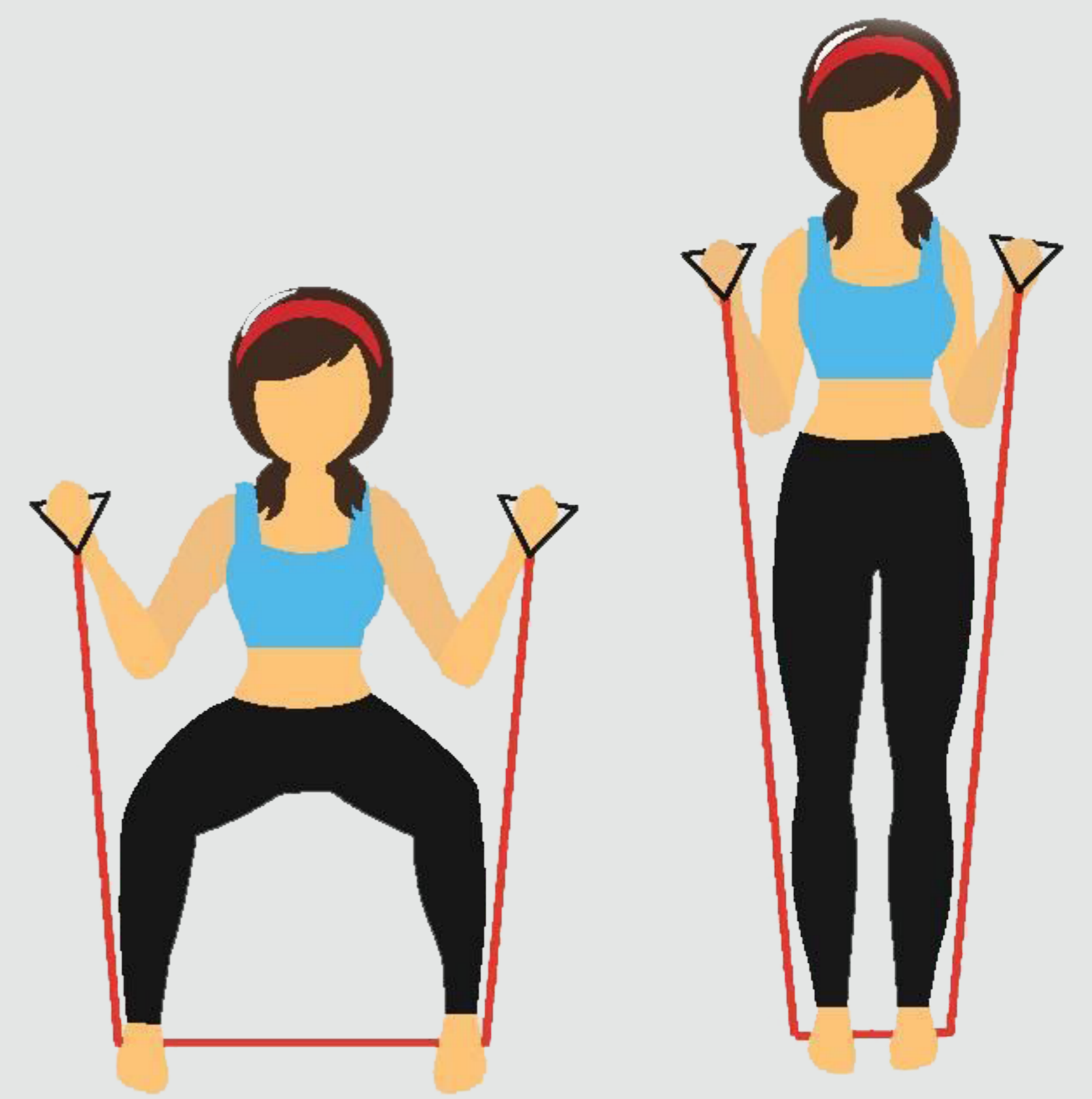
4 CROSS BODY REACH



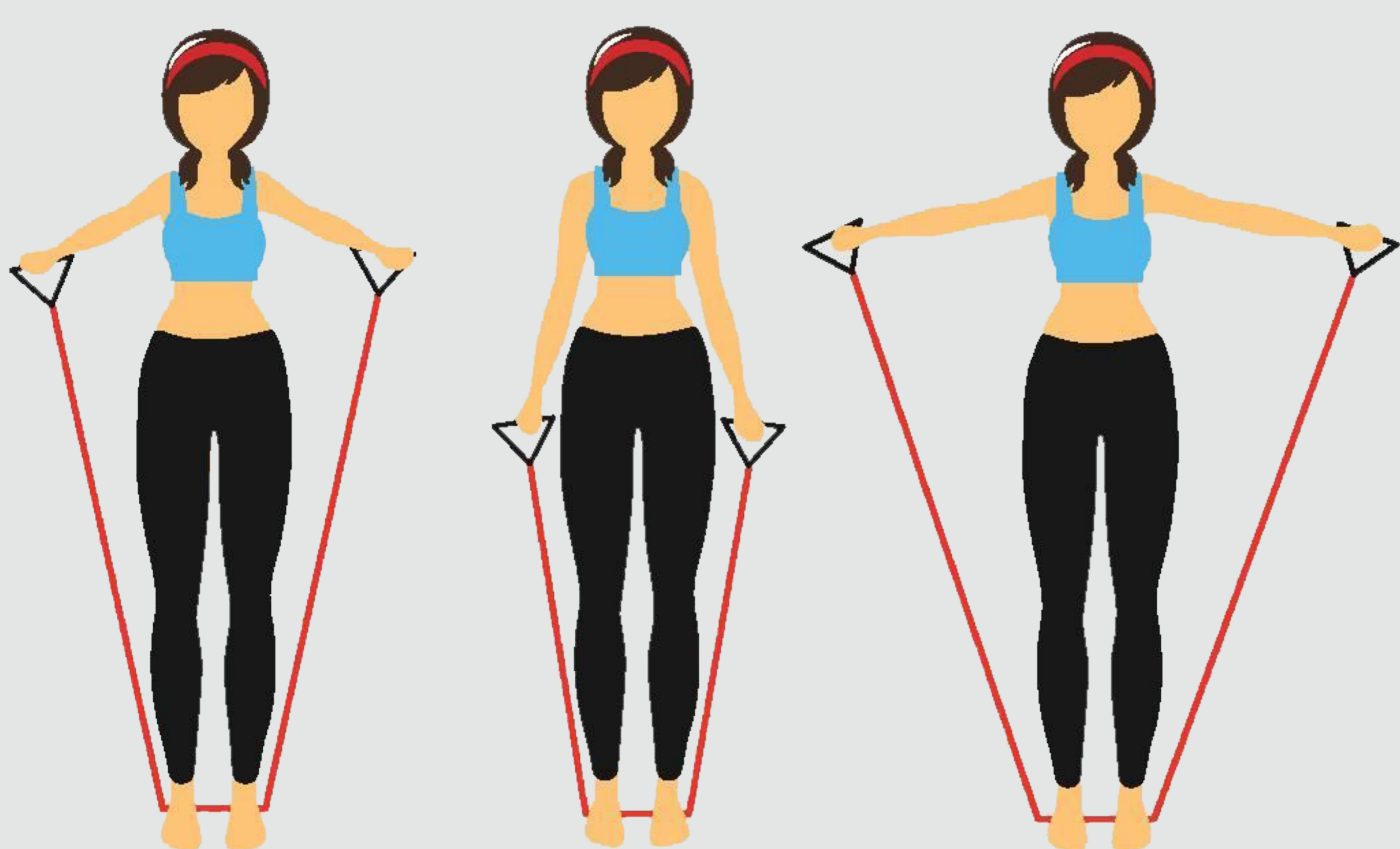
5 TOE TOUCH CRUNCHES



6 SQUATS



7 CROSS BODY REACH



8 RESISTED PUSH UPS

