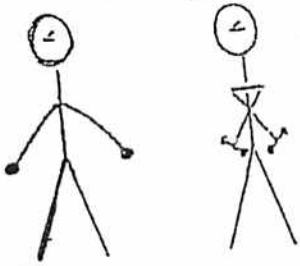
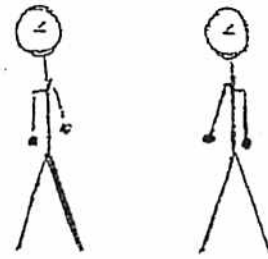


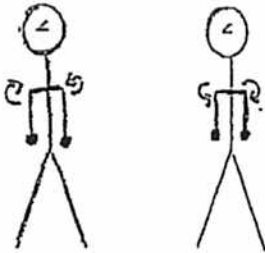
ARM SWINGS



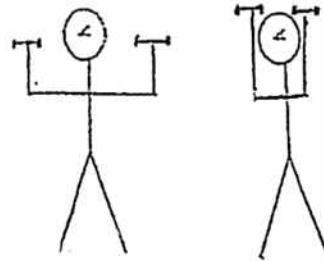
SHOULDER SHRUGS



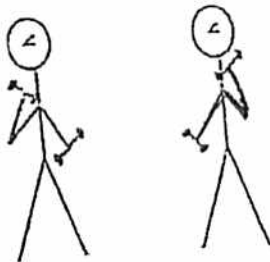
Shoulder Circles



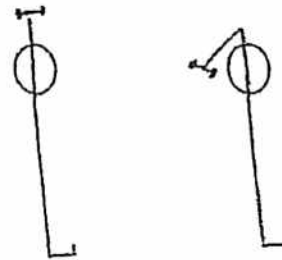
Presses



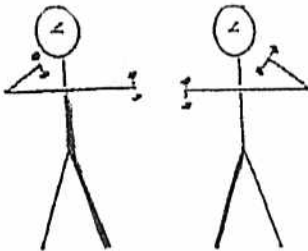
Front Single Curls



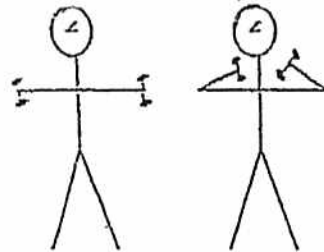
Overhead Drops



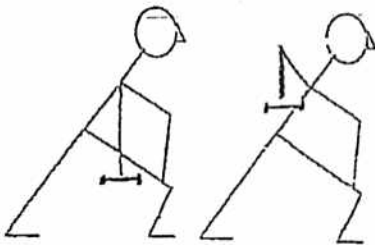
Single Side Curls



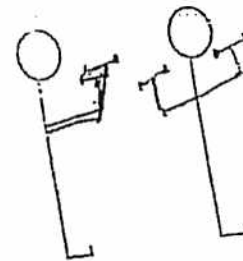
Double Side Curls



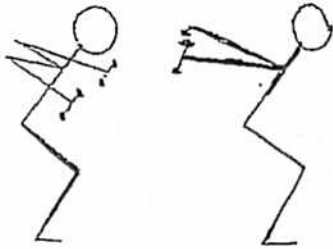
Lawnmowers



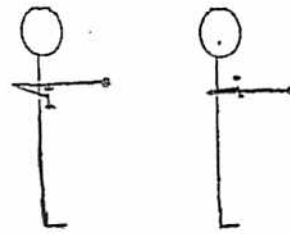
Butterflies



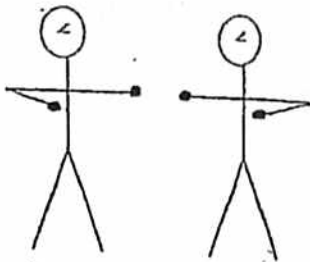
REVERSE ROCKERS



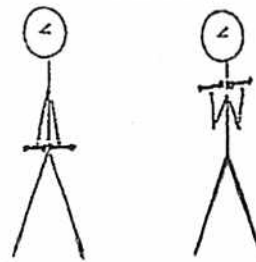
PUNCHES



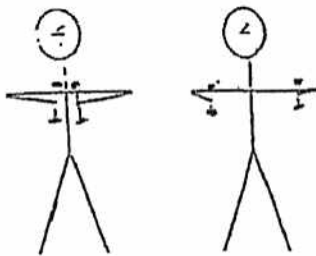
Windshield Wipers



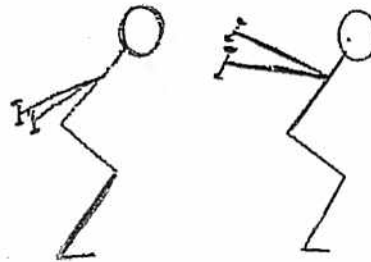
Double Front Curls



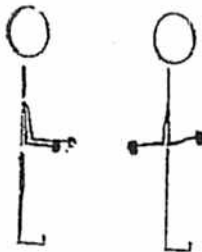
Breast Pulls



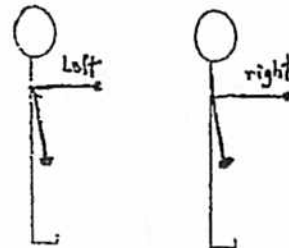
Straight Arm Rocks



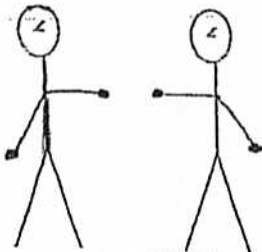
Cuff Rotators



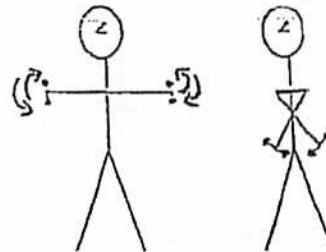
Straight Arm Front Lifts



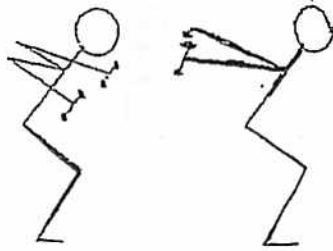
Straight Arm Side Lifts



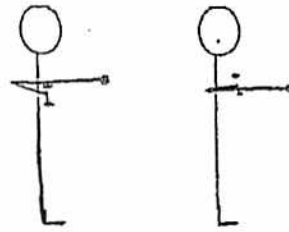
Twist and Swing



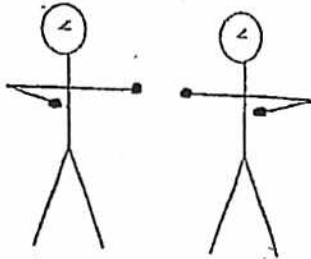
REVERSE ROCKERS



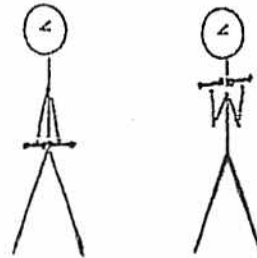
PUNCHES



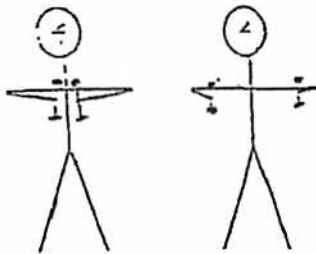
Windshield Wipers



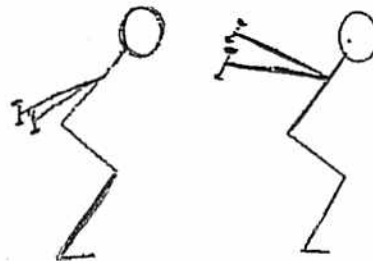
Double Front Curls



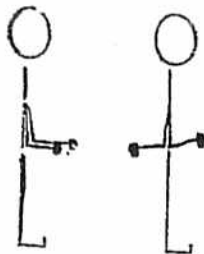
Breast Pulls



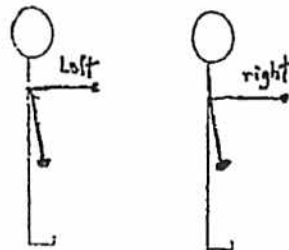
Straight Arm Rocks



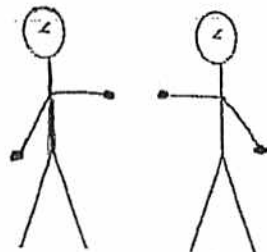
Cuff Rotators



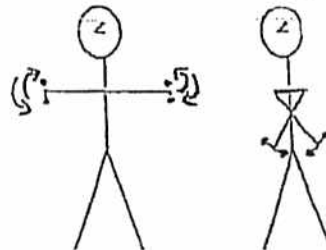
Straight Arm Front Lifts



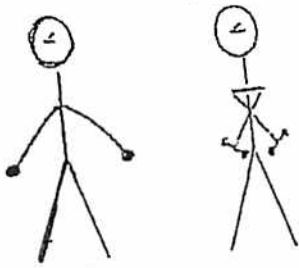
Straight Arm Side Lifts



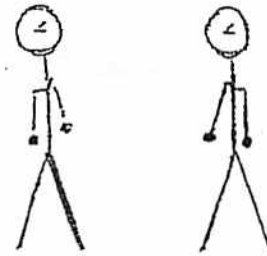
Twist and Swing



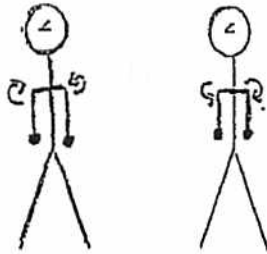
ARM SWINGS



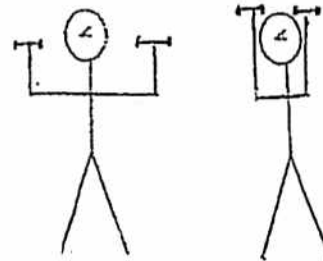
SHOULDER SHRUGS



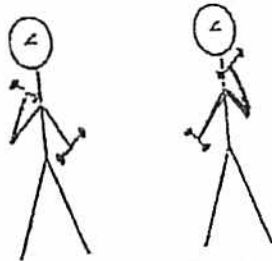
Shoulder Circles



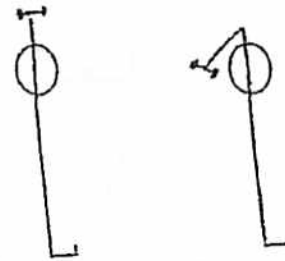
Presses



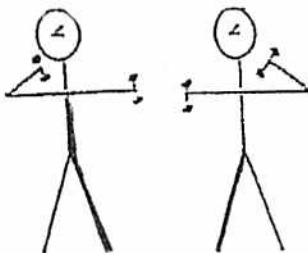
Front Single Curls



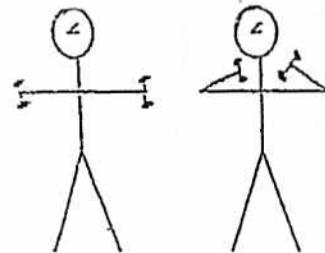
Overhead Drops



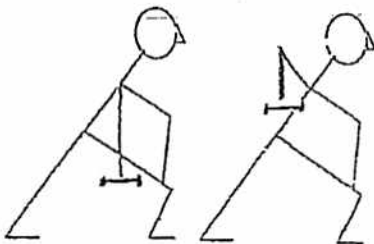
Single Side Curls



Double Side Curls



Lawnmowers



Butterflies

