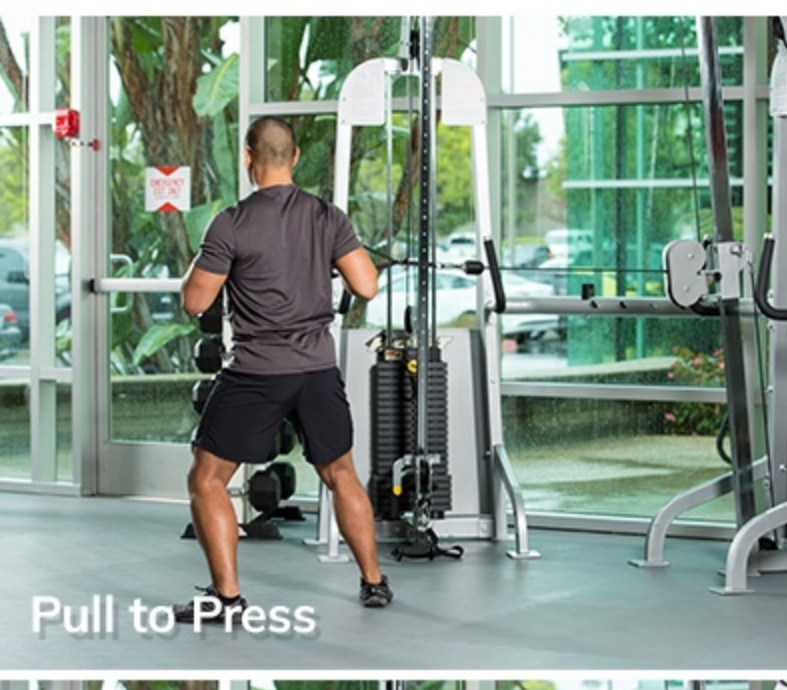
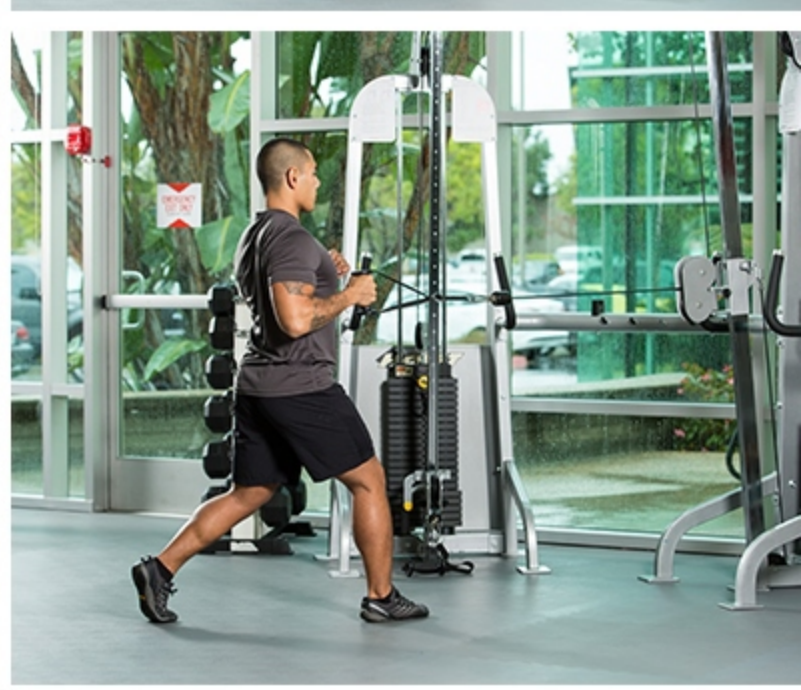
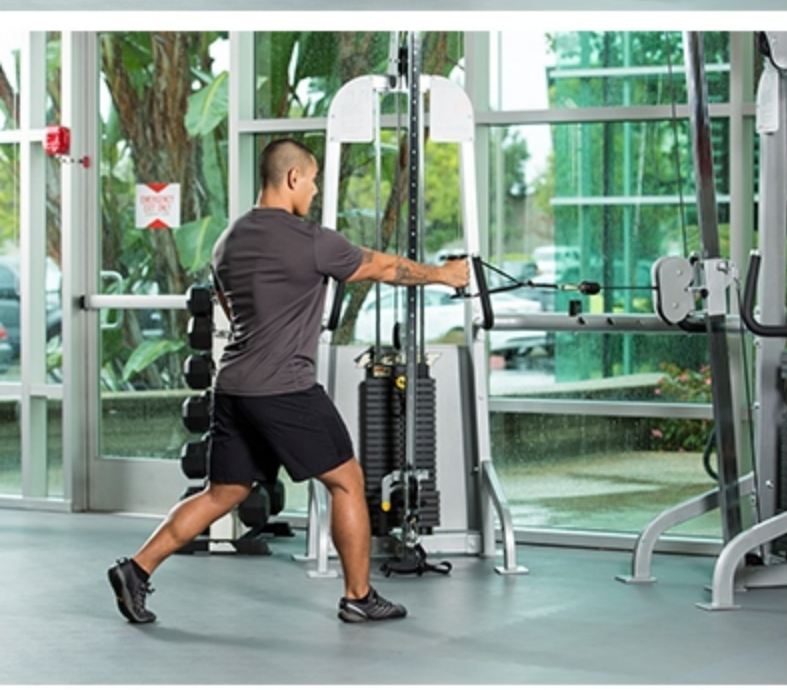




Kneeling Wood Chop



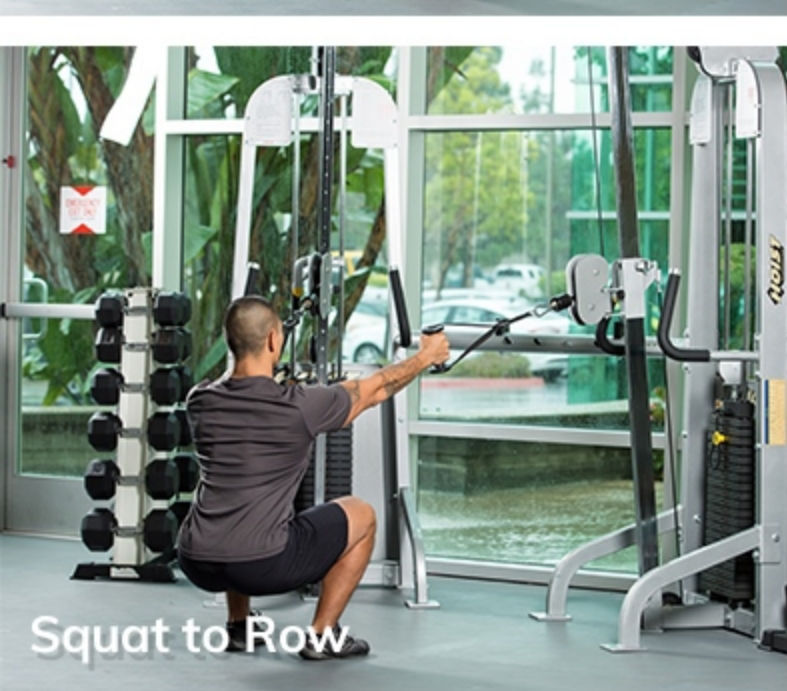
Kneeling Hay Bailer



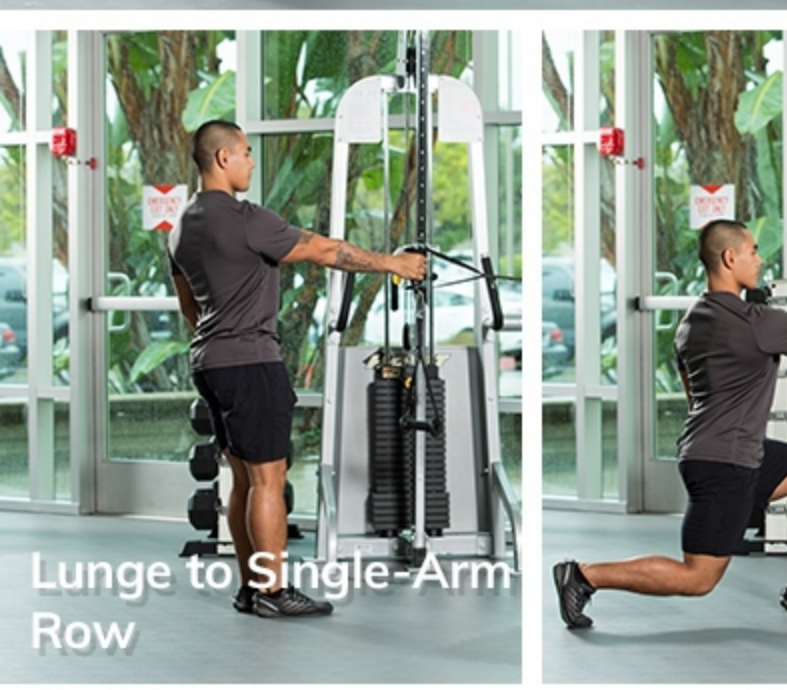
Pull to Press



Anti-Rotation Reverse Lunge



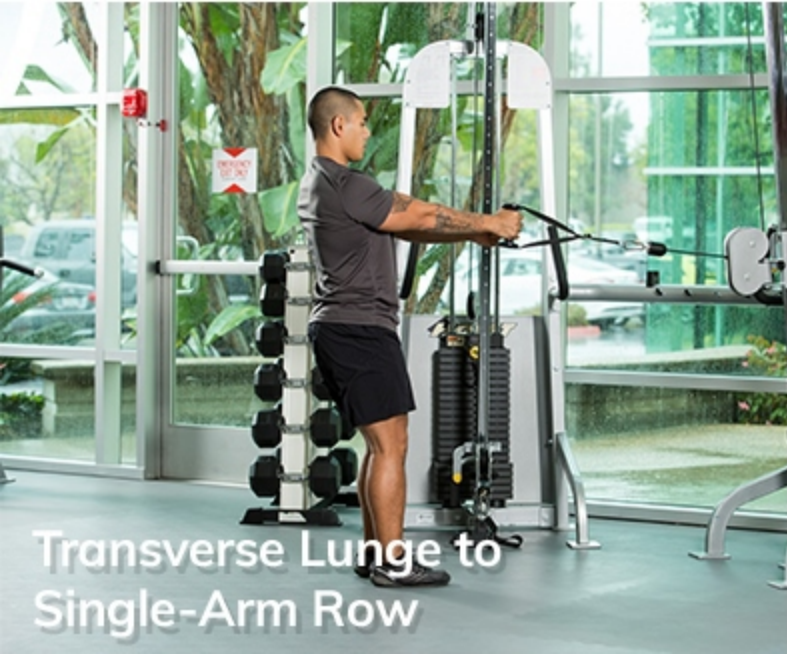
Squat to Row



Lunge to Single-Arm Row



Single-Arm Chest Press



Transverse Lunge to Single-Arm Row

