


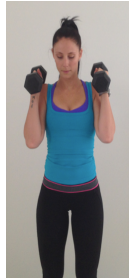










GHD

Exercise	Starting	Finish
A1- Pushup Release		
A2- D/B Shoulder Press		
A3- Advantageous Squat		
A4- D/B Front Raise		
A5- Lying Leg Raise		
A6- Tricep Pushup		
A7- X Body Mountain Climber	