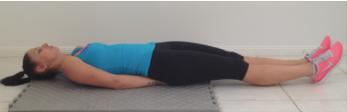


GHD

| 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 |  |  |