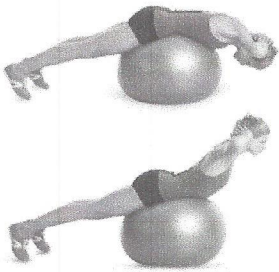
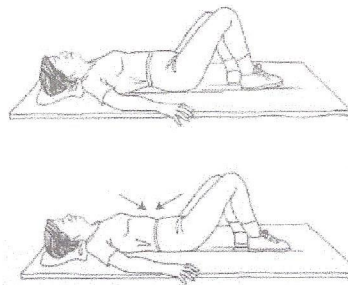
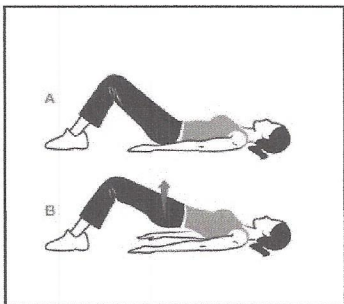


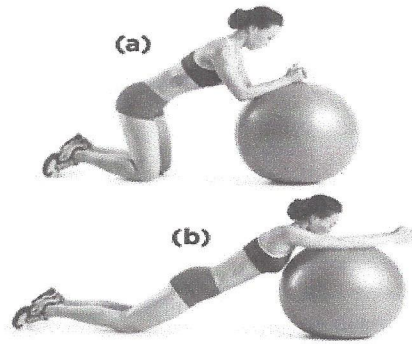
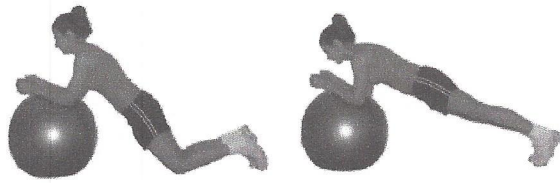
Minimum of 3 sets of 15 reps



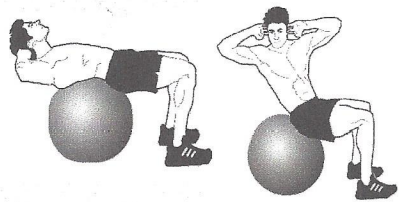
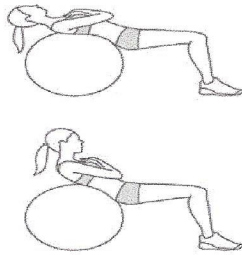
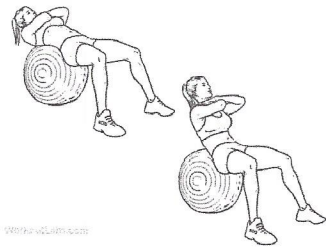
Minimum of 3 set of 15 reps



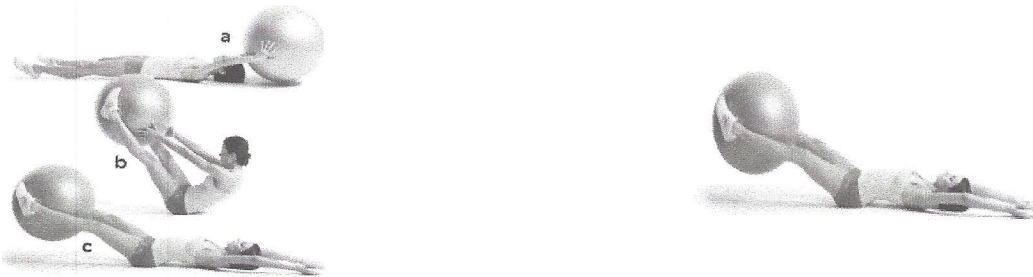
Minimum 1 to 1.5 minutes



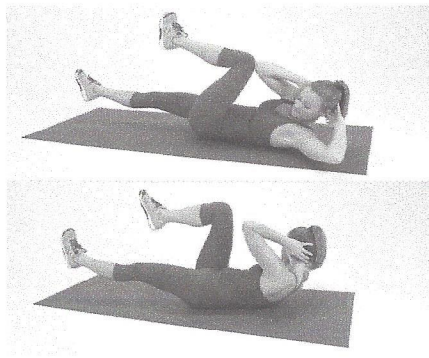
Minimum of 3 sets – hold for 15 seconds each or until muscle fatigue



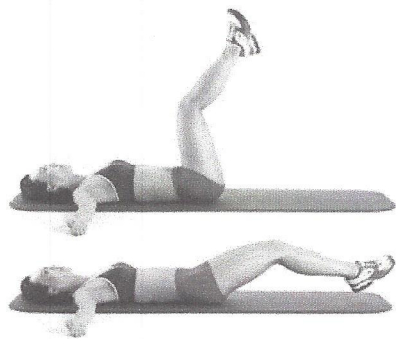
Minimum of 3 sets of 15 reps



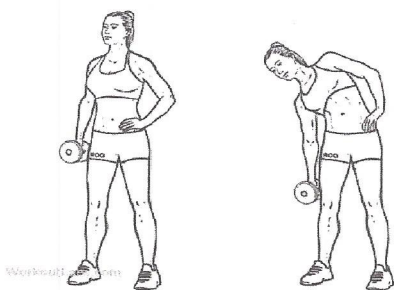
Minimum of 3 sets of 8-10 reps



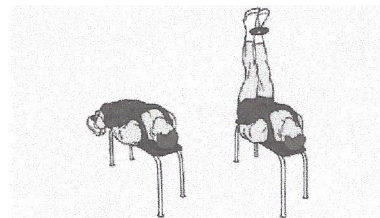
Minimum of 3 sets of 15 reps



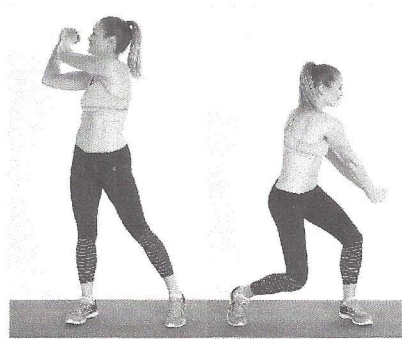
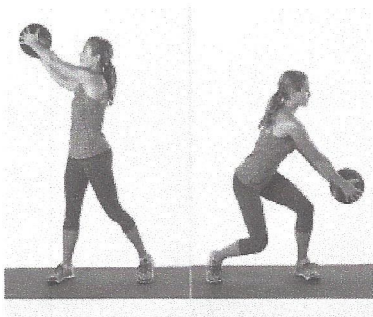
Minimum of 3 sets of 8-10 reps



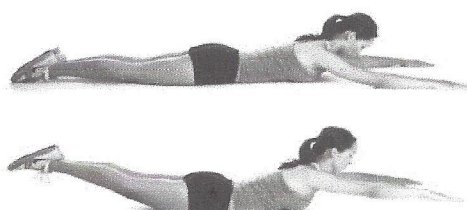
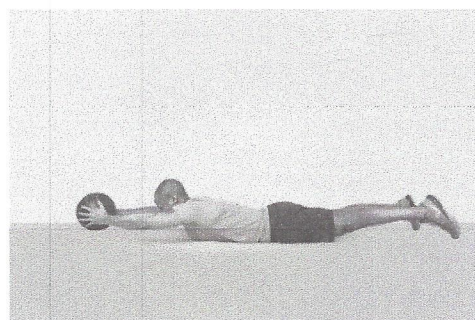
Minimum 3 set of 15 reps



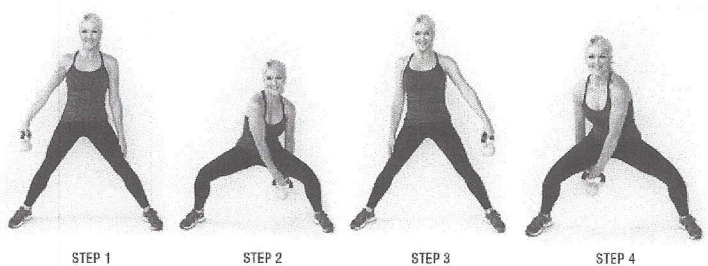
Minimum 3 sets of 15 reps



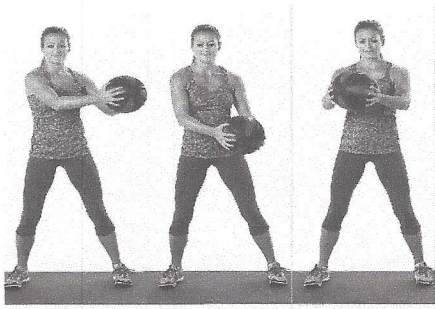
Minimum of 3 set of 15 reps



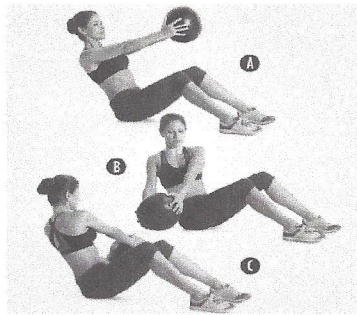
Minimum of 3 sets of 15 reps or hold as long as possible



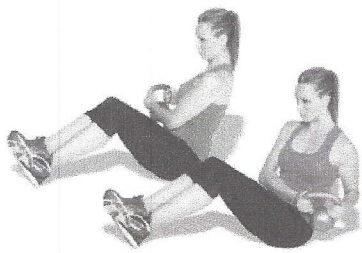
Minimum of 3 set of 15 reps



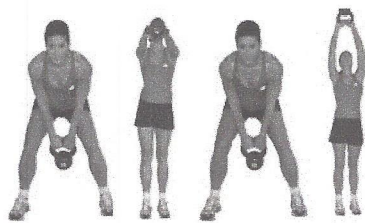
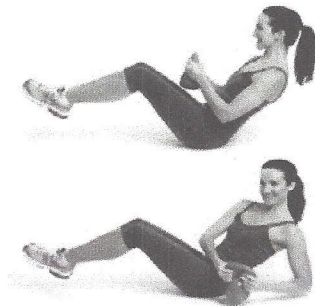
Complete the entire alphabet



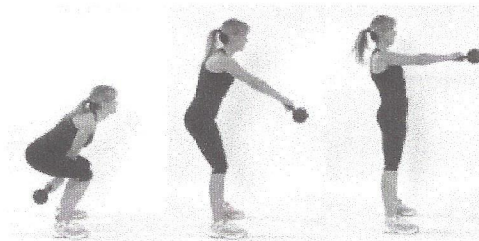
Minimum of 3 sets of 15 reps



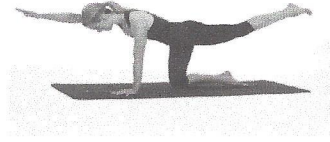
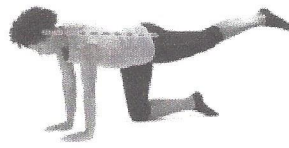
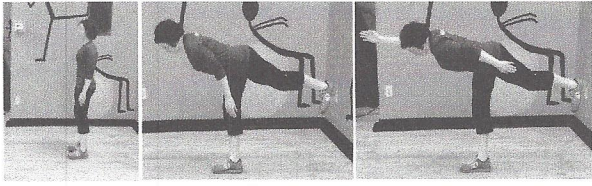
Minimum 3 sets of 15



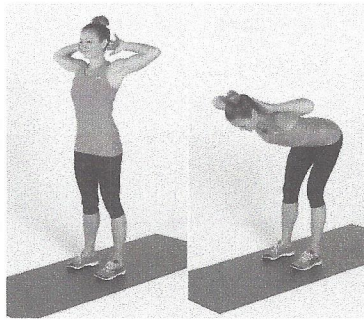
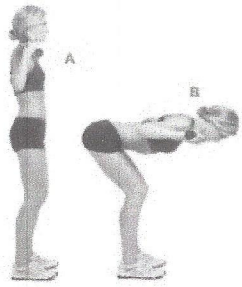
Minimum 3 sets of 15 reps



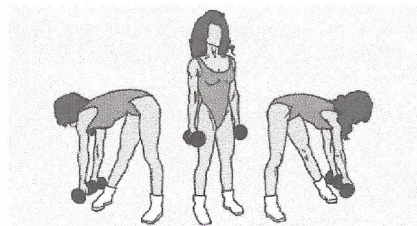
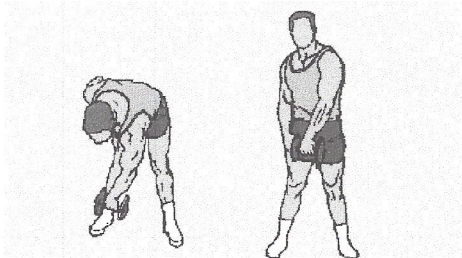




Minimum of 3 set of 15 reps



Minimum of 3 sets of 15 reps



Minimum of 3 sets of 15 reps