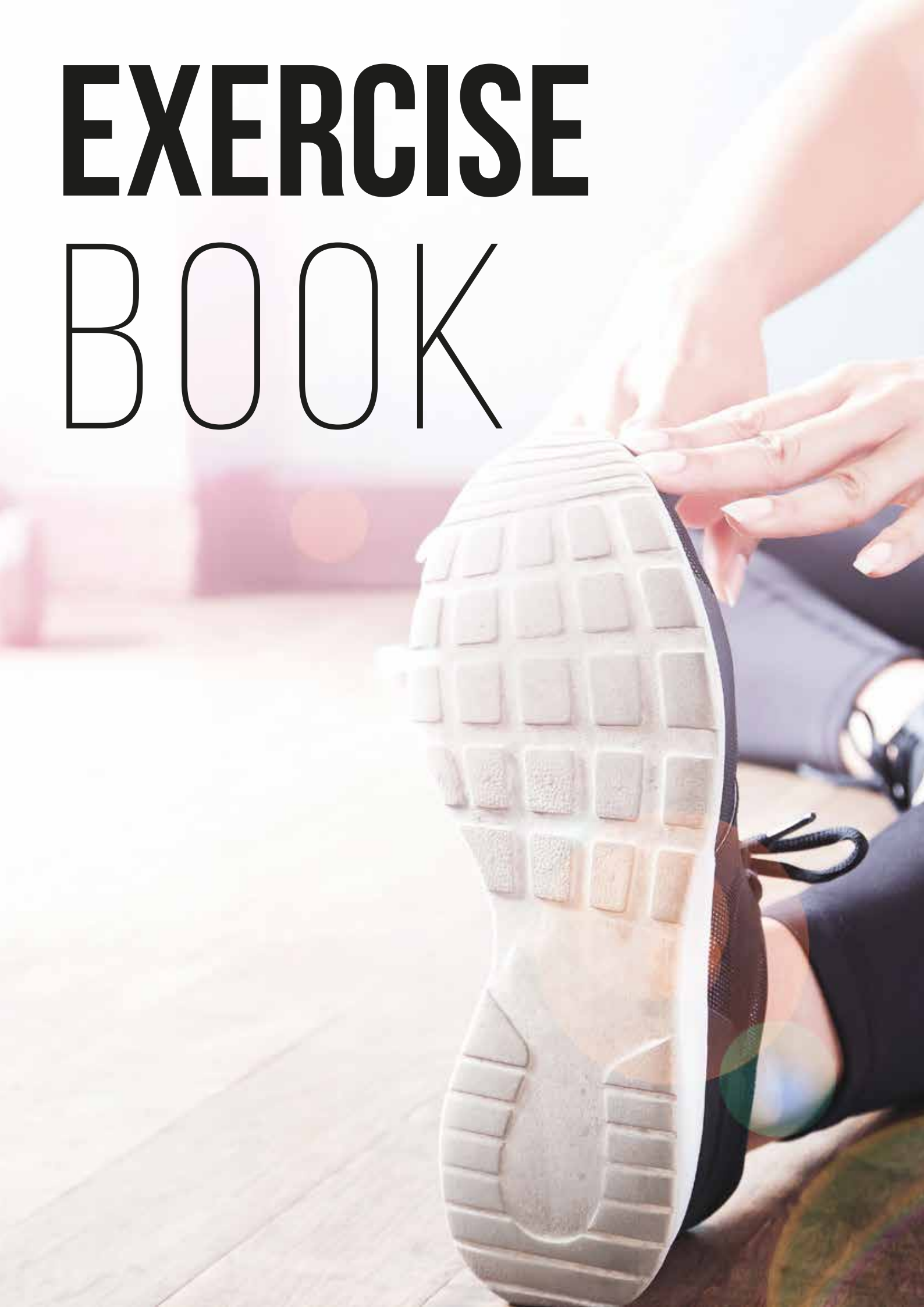
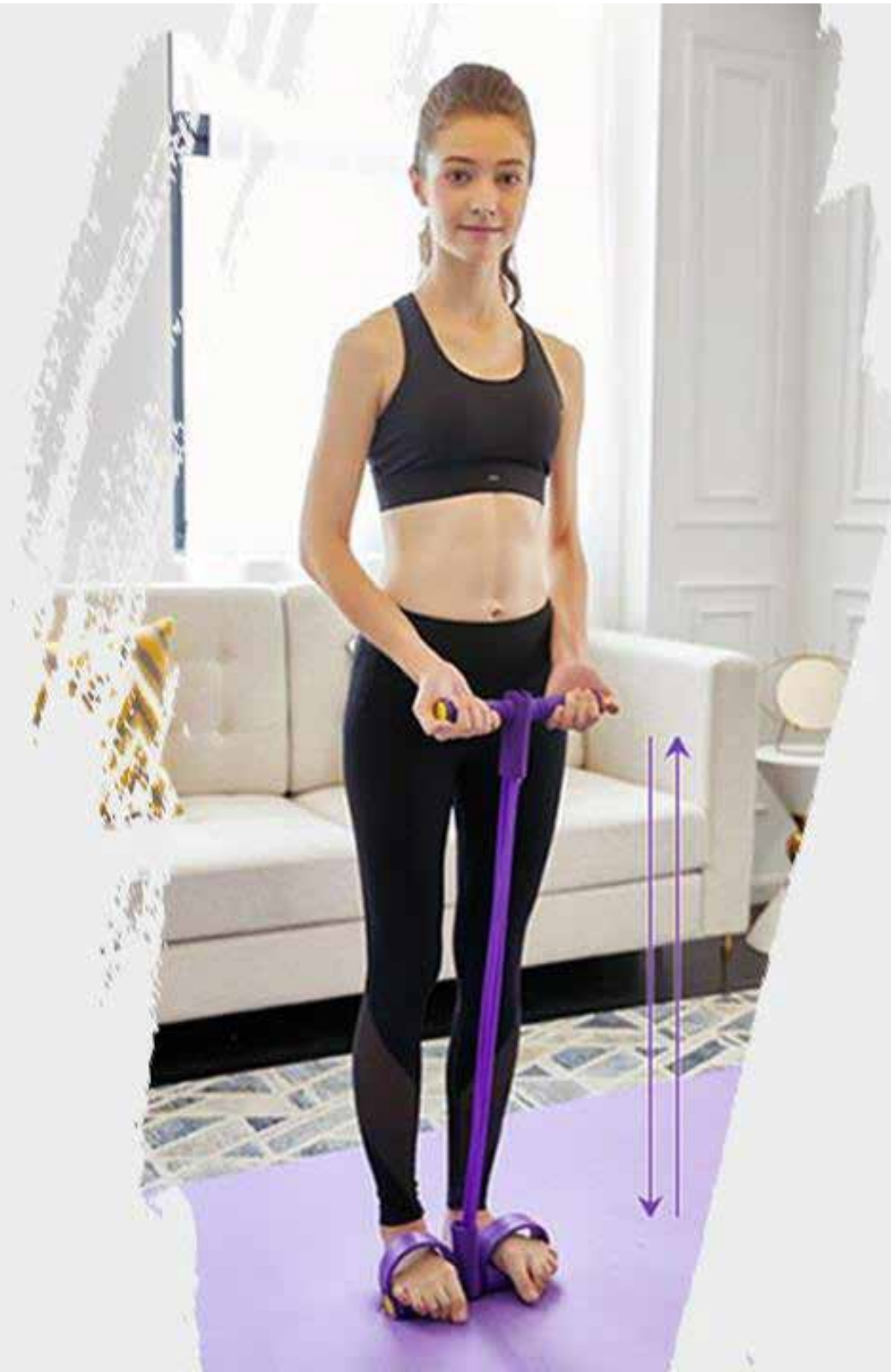


EXERCISE

BOOK



1.



**SHOULDER
TRAINING**



2.



ARM
TRAINING



3.



WAIST TRAINING



4.



**LEG
TRAINING**



Training Video:

<https://www.dropbox.com/s/g7nyzpzwfuf742u/TENSION%20ROPE%20EXERCISE.mp4?dl=0>