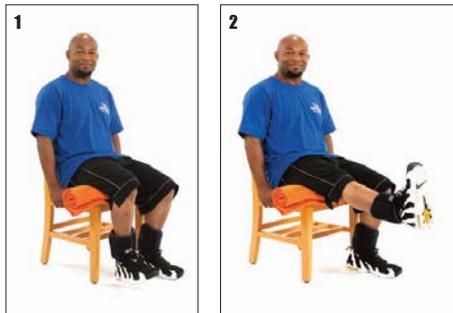
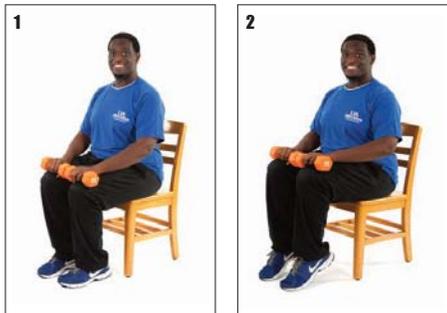


GET PUMPED: Seated Strength Training Basics

Knee Extension



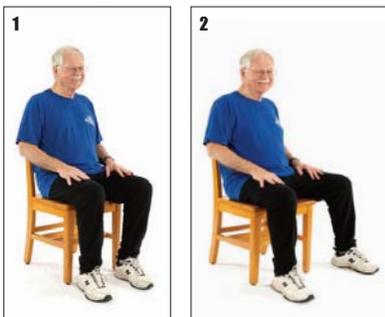
Seated Calf Raise



Butt Squeeze



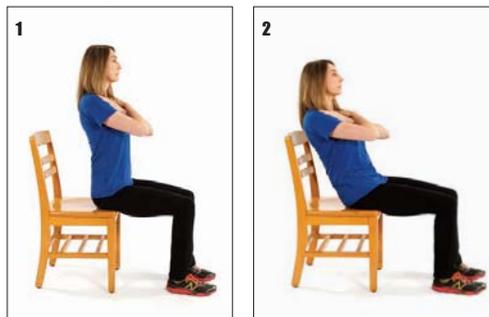
Flamingo Legs



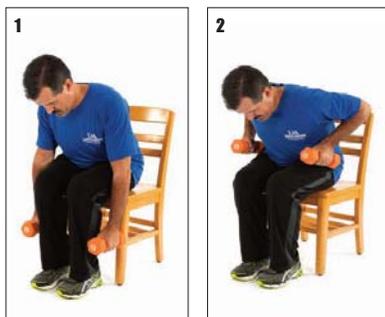
Hamstring Stretch



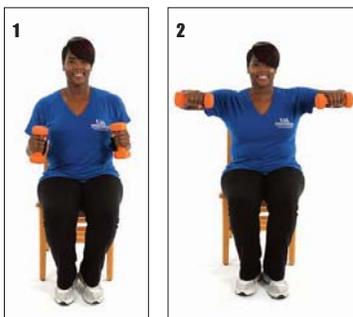
Rocking Chair



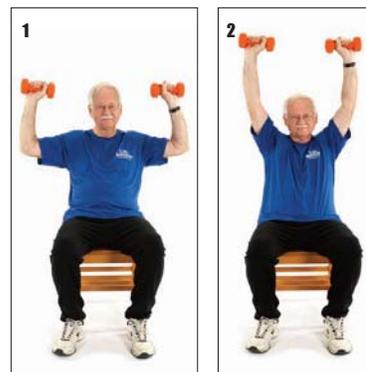
Bent Over Row



Modified Side Arm Raise



Overhead Press



Triceps Kickback



Concentration Curl

