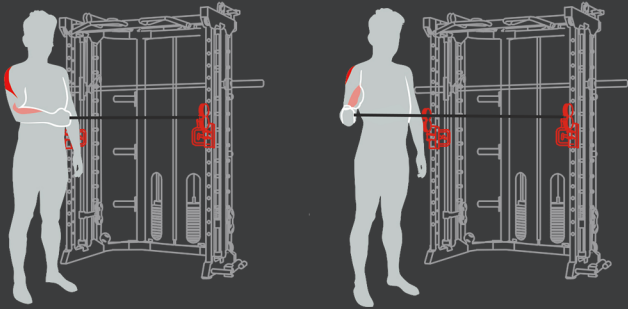
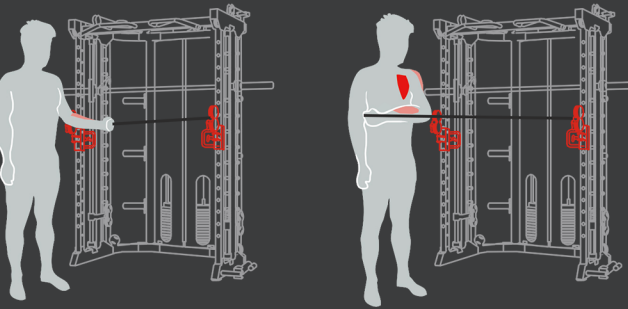
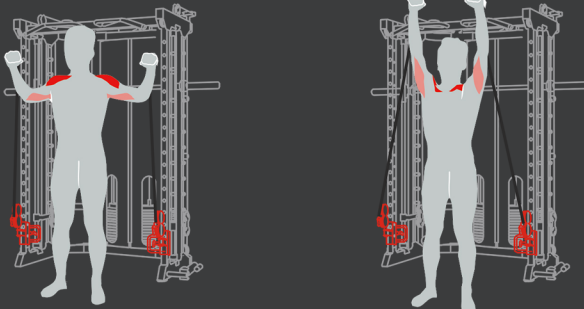
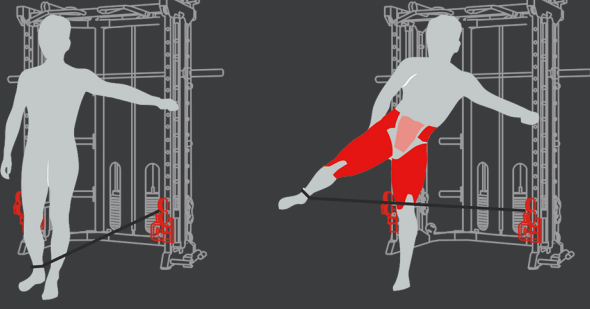
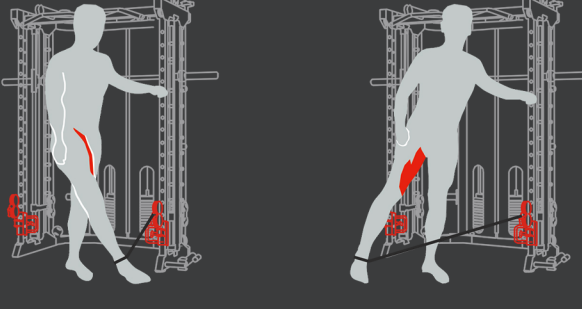
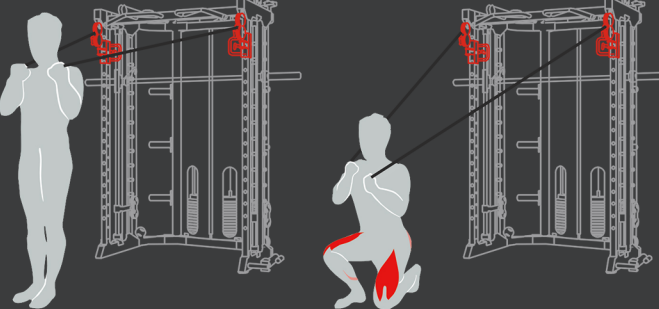
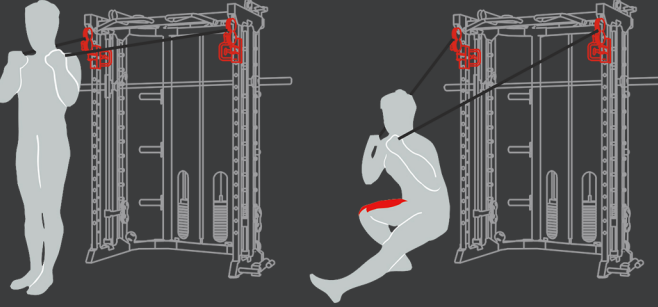
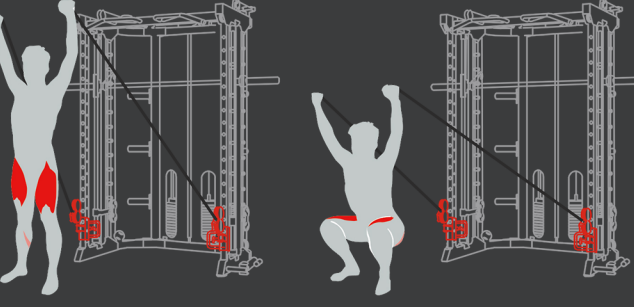
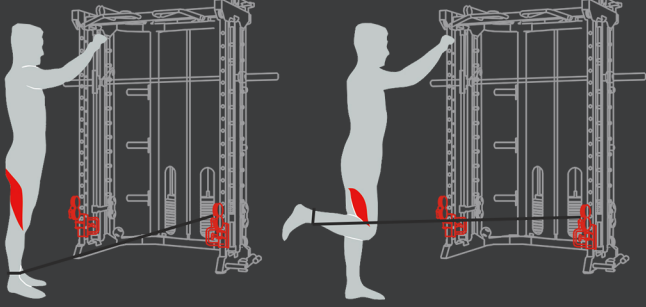
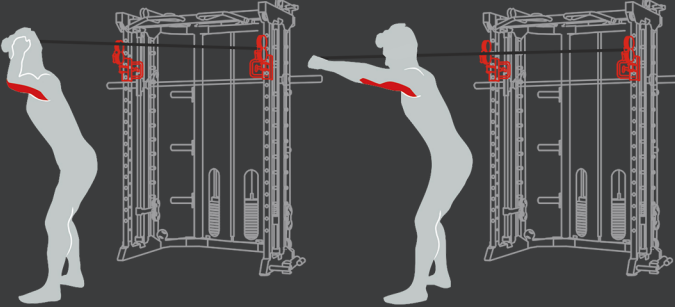
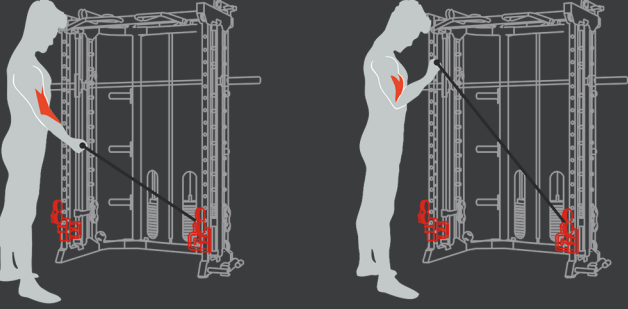
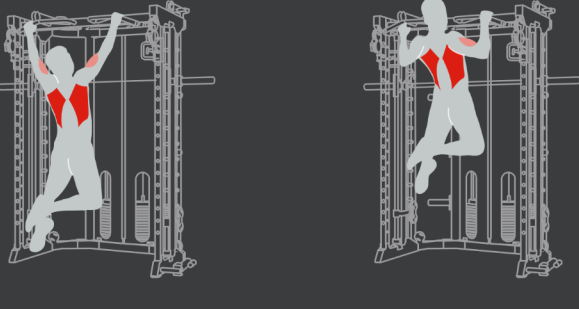
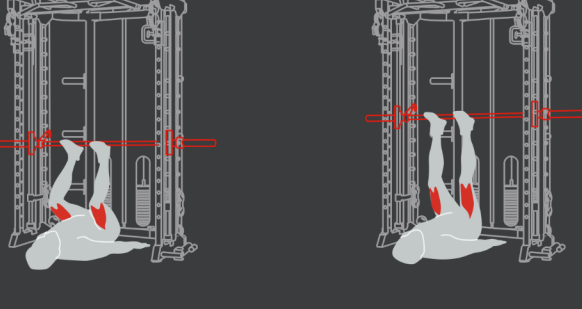


EXTERNAL ROTATION OF ROPE 	ROPE INTERNAL ROTATION 
STANDING ROPE SHOULDER 	ROPE ABDUCTION 
ROPE ADDUCTION 	ROPE LUNGE 
PISTOL SQUAT 	ROPE SQUAT 
ONE LEG ROPE BACK 	ROPE OVER SHOULDER FORWARD 
BICEPS CURL 	PULL UP 
SMITH LEG LIFT 	SMITH SQUAT 