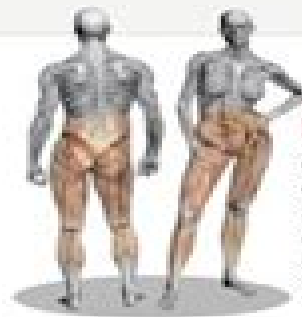




Exercise 1

Calves
Quadriceps
Hamstrings
Abdominals
Lower Back
Buttocks



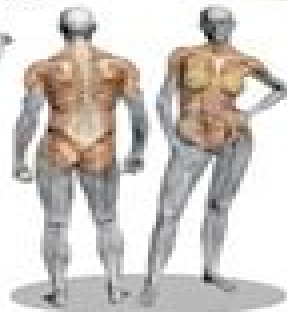
Exercise 2

Calves
Quadriceps
Hamstrings
Abdominals
Lower Back
Buttocks



Exercise 3

Shoulders
Upper Back
Lower Back
Buttocks
Abdominals
Waist



Exercise 4

Chest
Shoulders
Biceps
Triceps
Forearms



Exercise 5

Chest
Shoulders
Biceps
Triceps
Forearms
Abdominals
Upper back



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SB Merriam

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the 'SB Merriam' text.

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