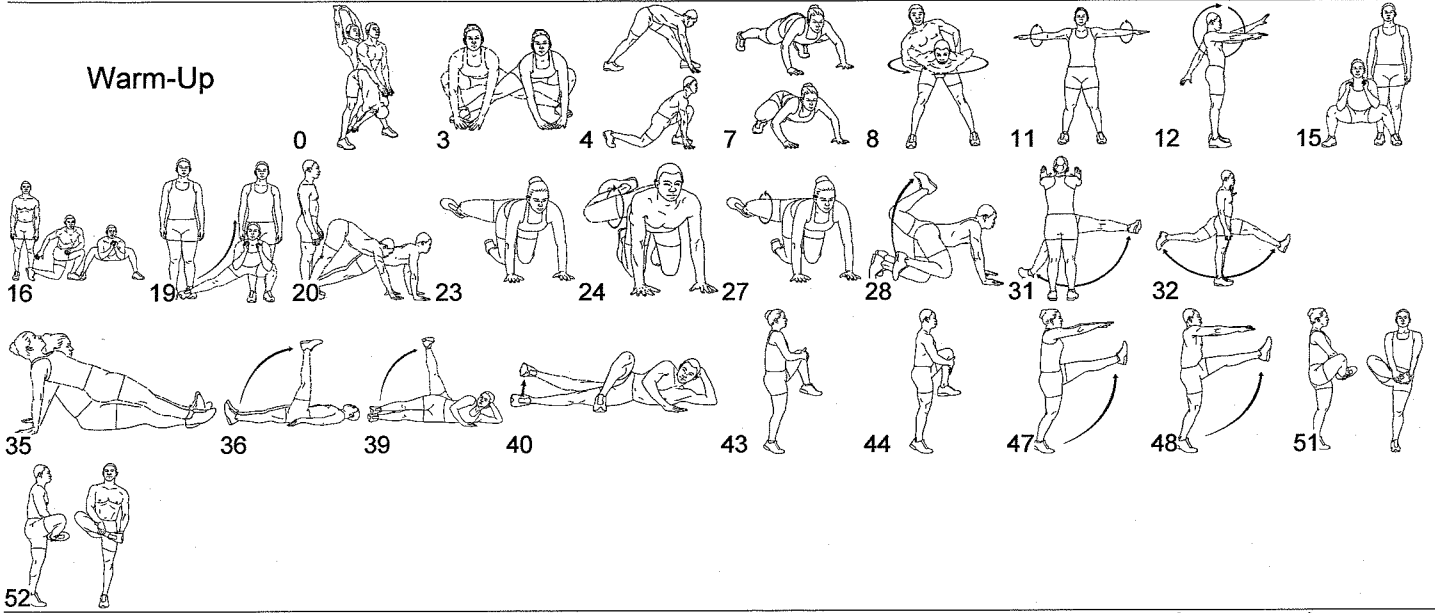
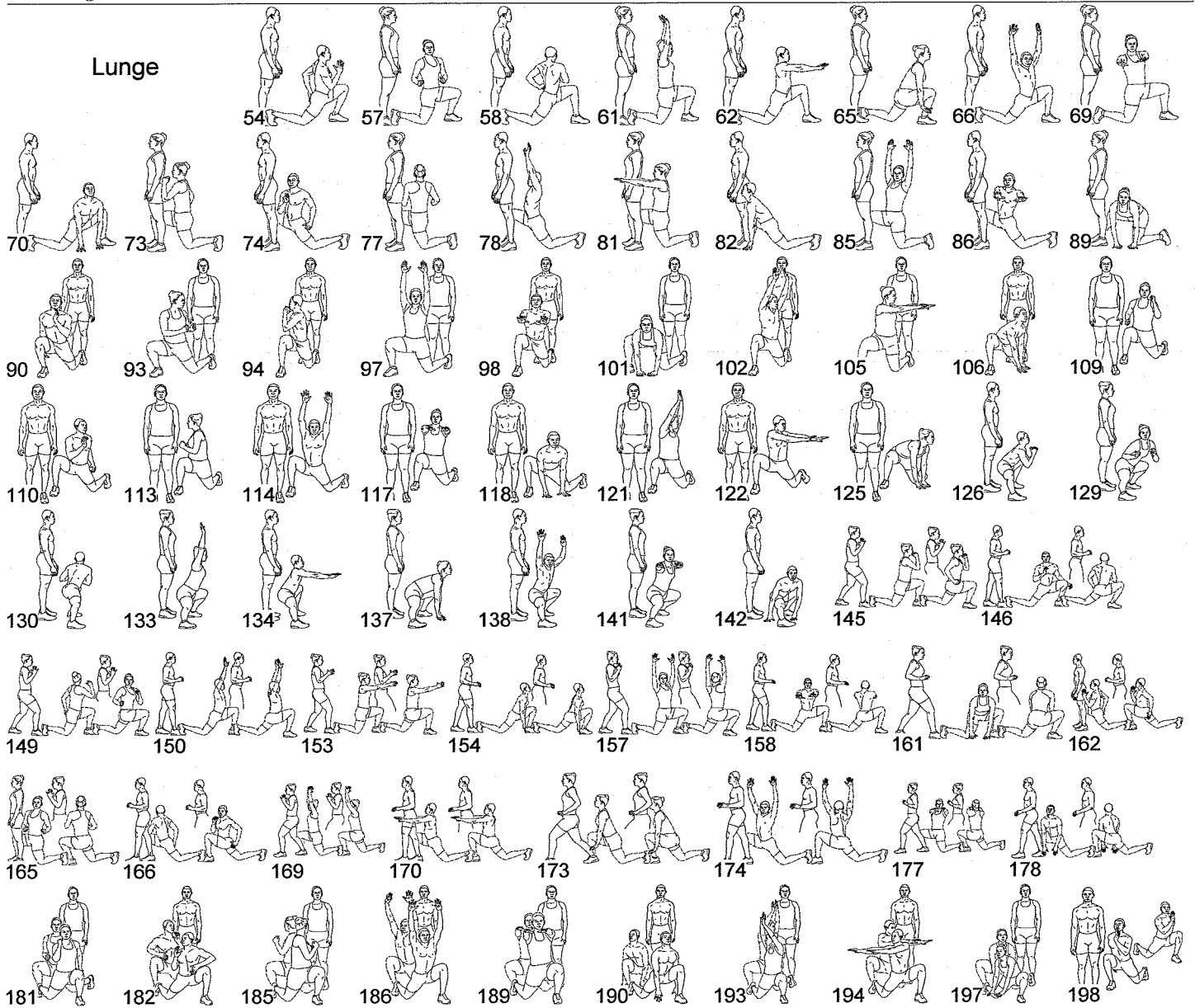


Dynamic Exercises Kit

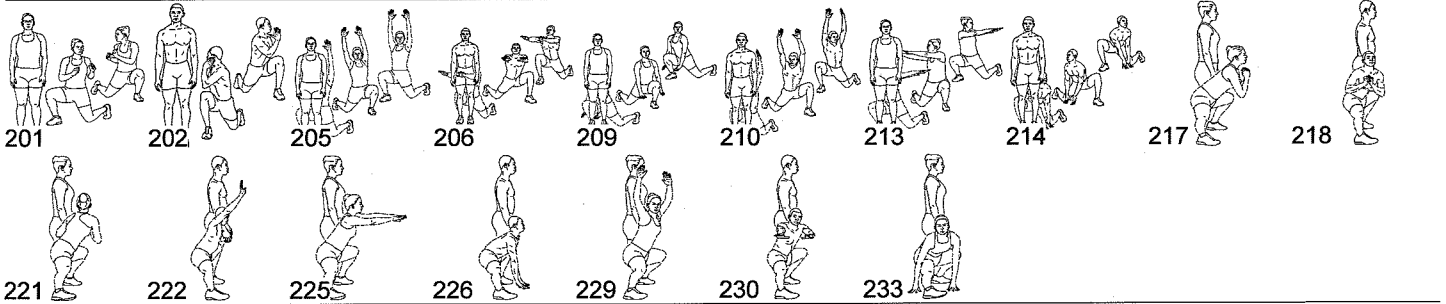
Warm-Up



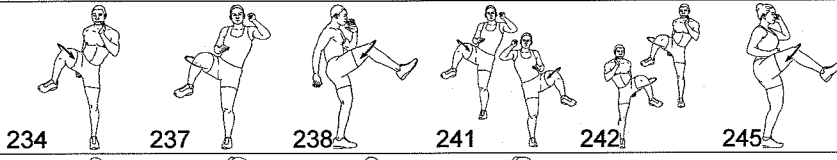
Lunge



Dynamic Exercises Kit



Hurdles



Quad Pull

