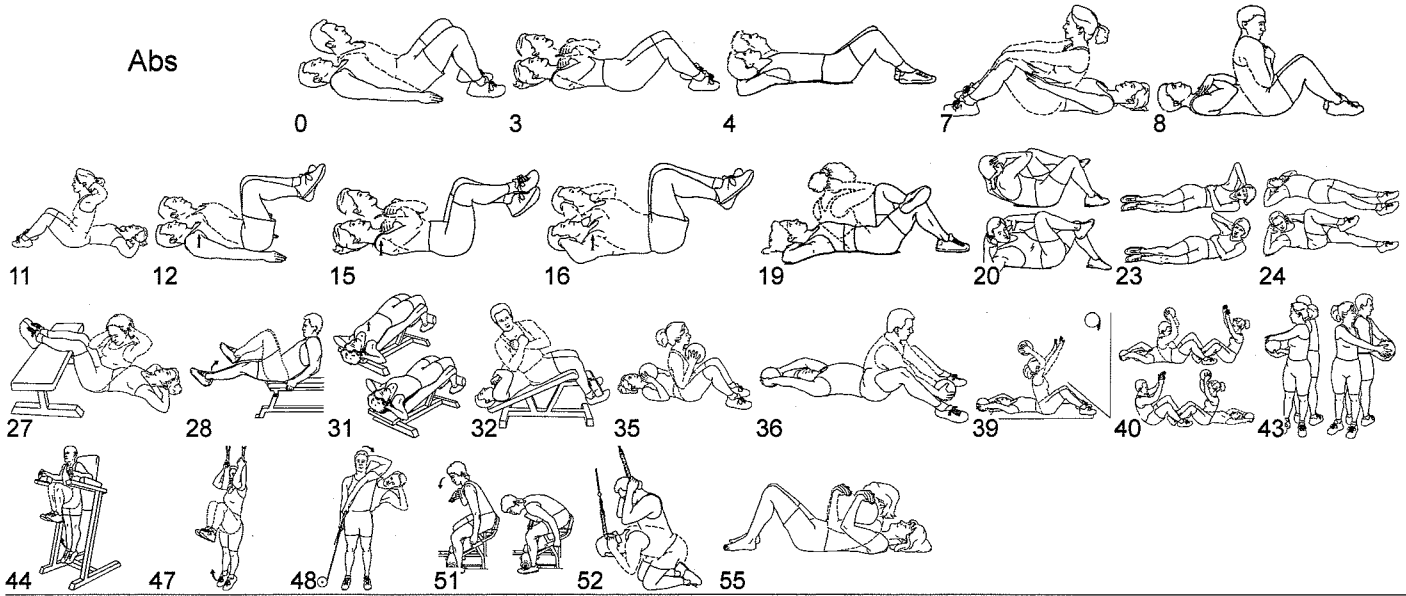
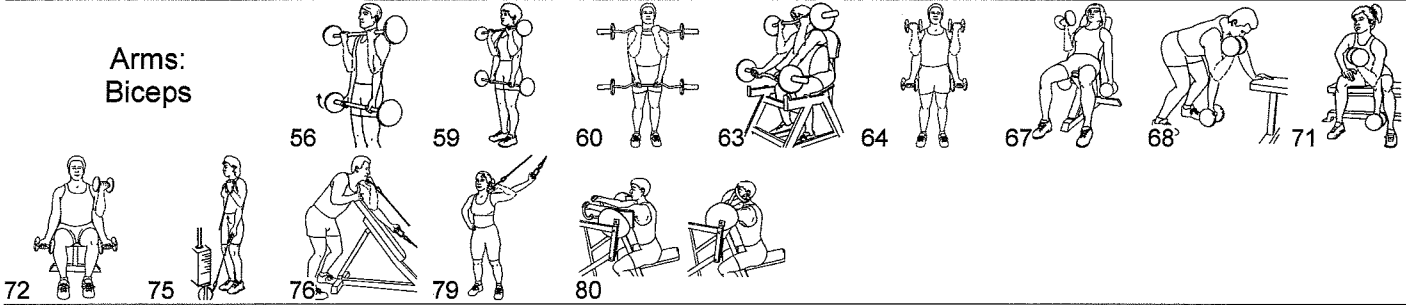


Trainer's Exercise Toolbox Kit

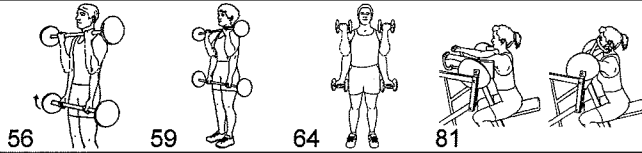
Abs



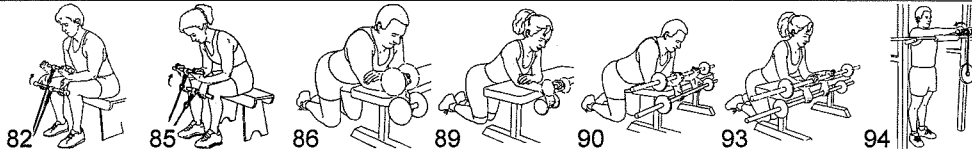
Arms: Biceps



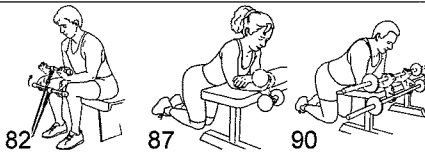
Arms: Biceps - Basic Exercises



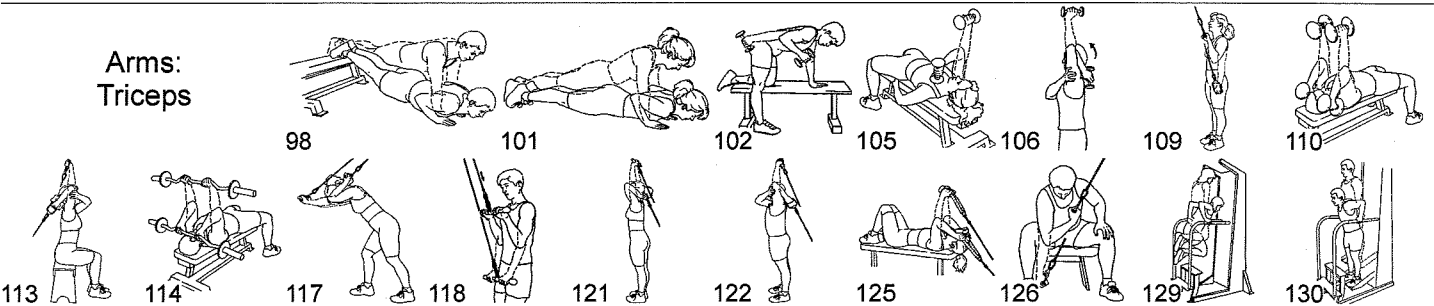
Arms: Forearms



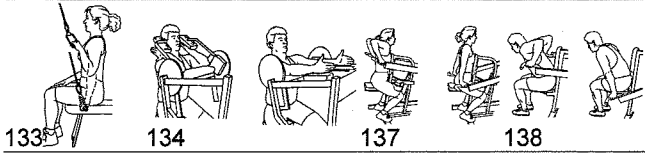
Arms: Forearms - Basic Exercises



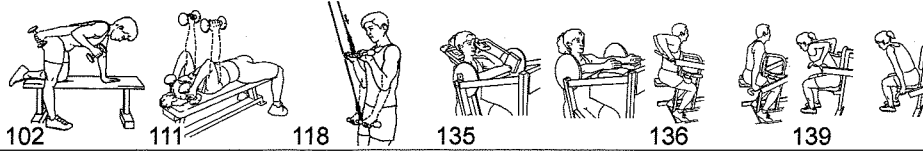
Arms: Triceps



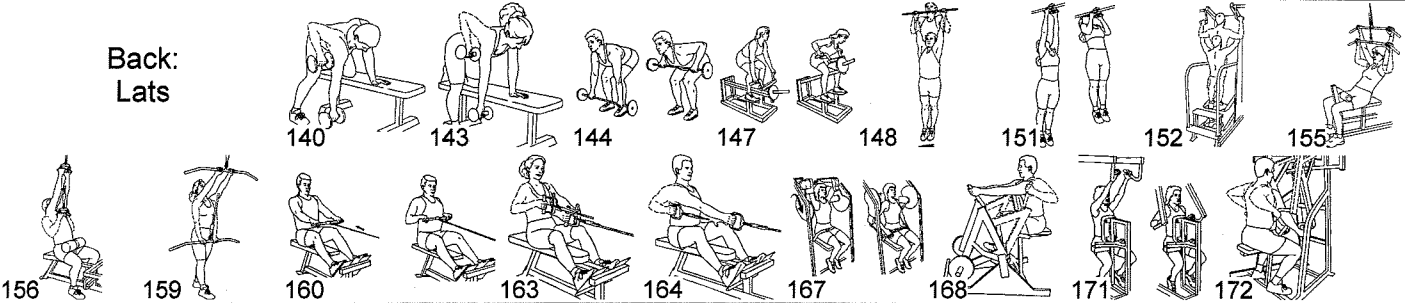
Trainer's Exercise Toolbox Kit



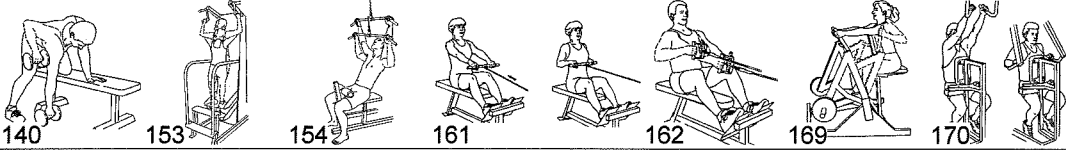
Arms: Triceps - Basic Exercises



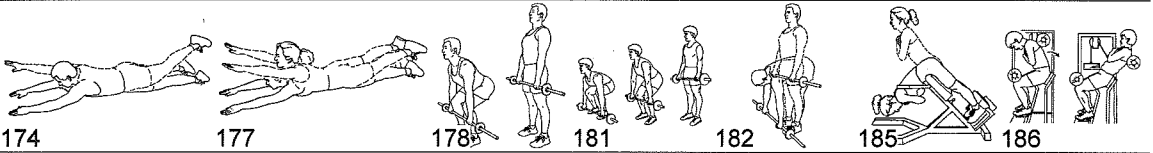
Back: Lats



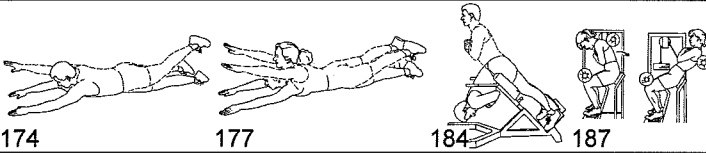
Back: Lats - Basic Exercises



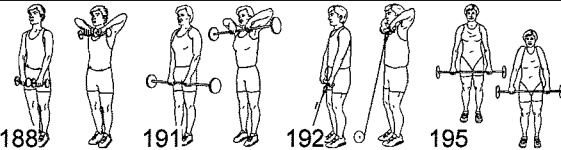
Back: Low Back



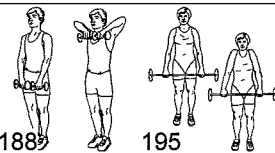
Back: Low Back - Basic Exercises



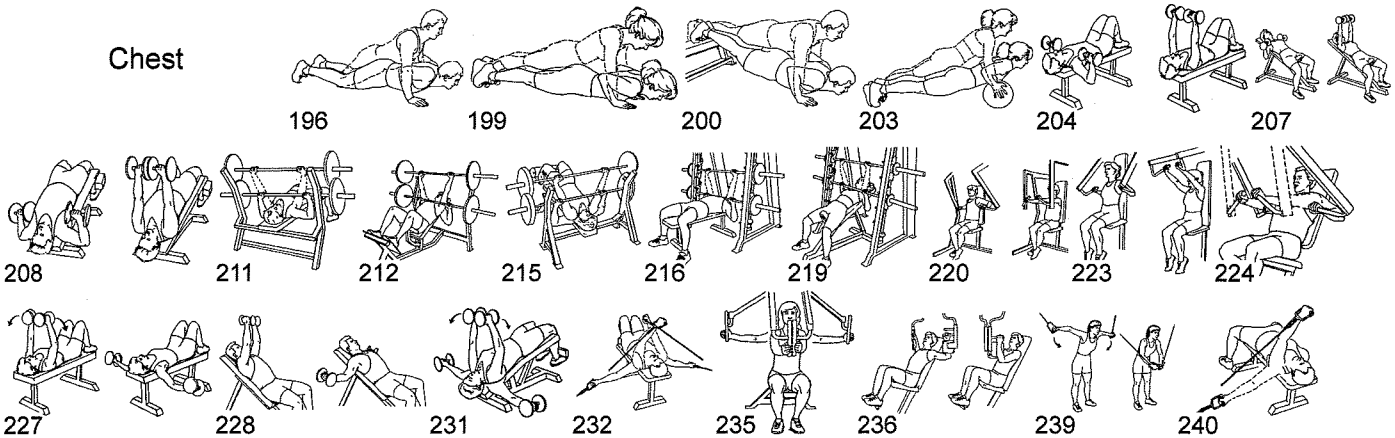
Back: Traps



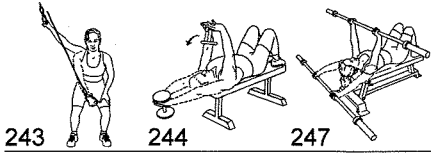
Back: Traps - Basic Exercises



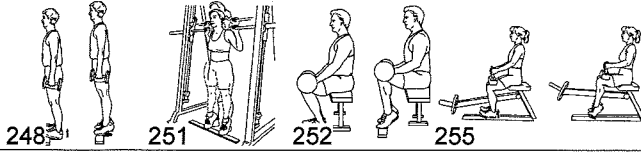
Chest



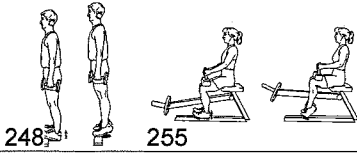
Trainer's Exercise Toolbox Kit



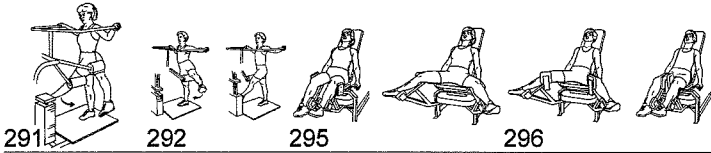
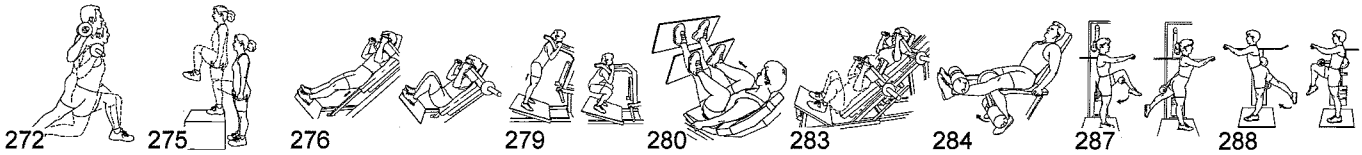
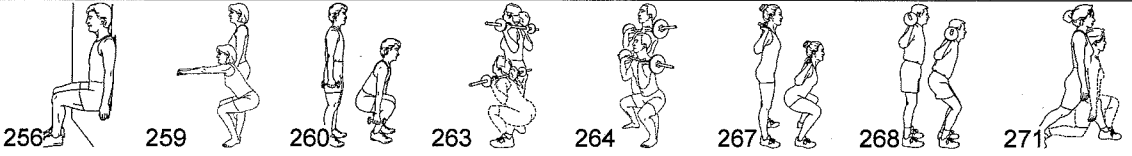
Legs: Calves



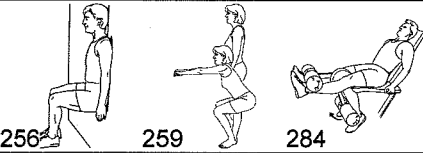
Legs: Calves - Basic Exercises



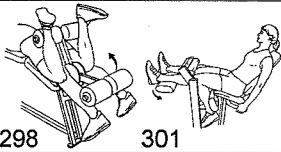
Legs: Glutes/Thighs



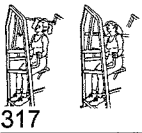
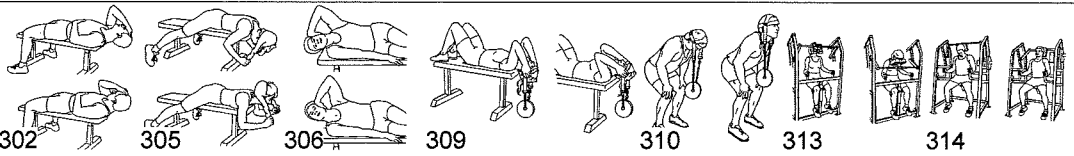
Legs: Glutes/Thighs - Basic Exercises



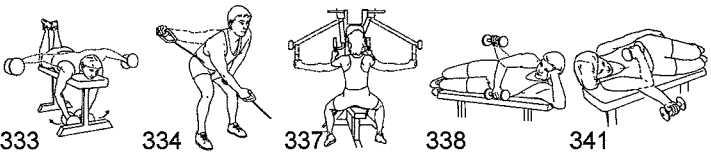
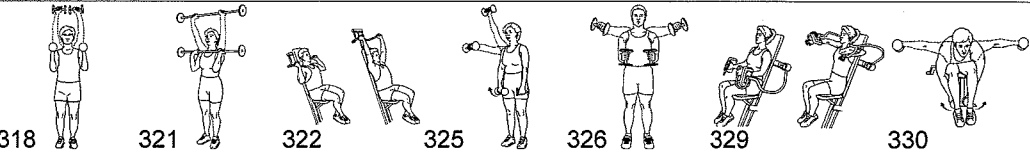
Legs: Hamstrings



Neck

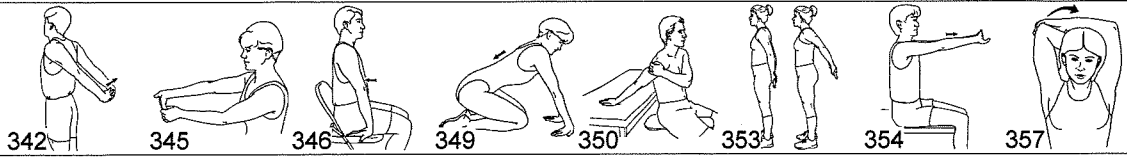


Shoulders

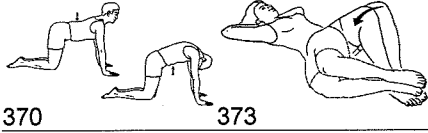
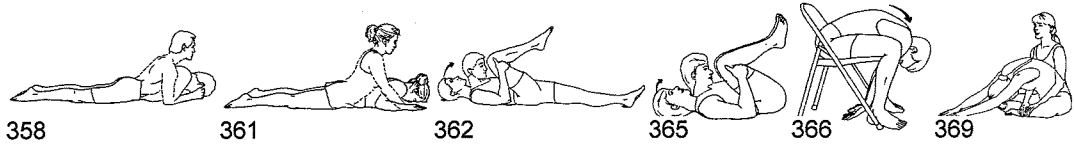


Trainer's Exercise Toolbox Kit

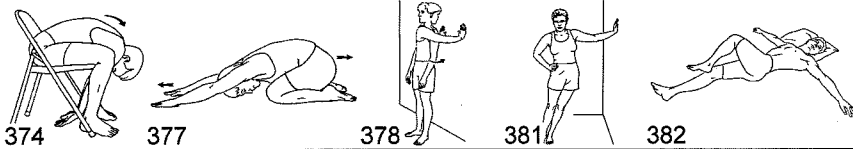
Arms



Back: Lower Back



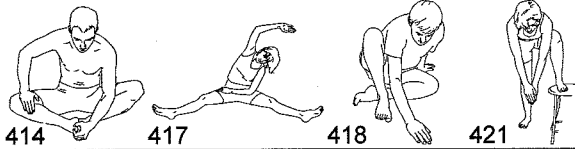
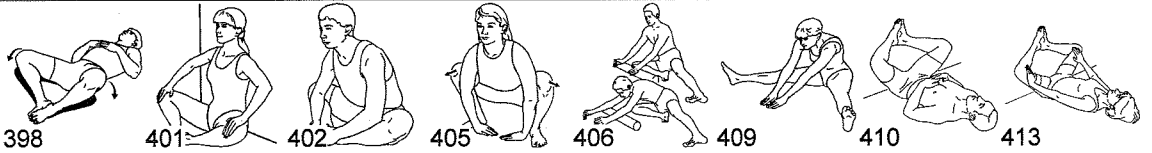
Back: Upper Back



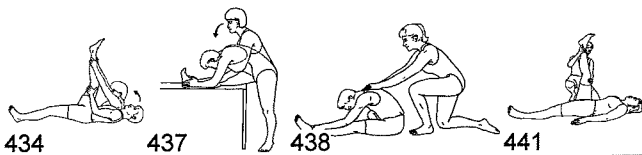
Chest and Abdomen



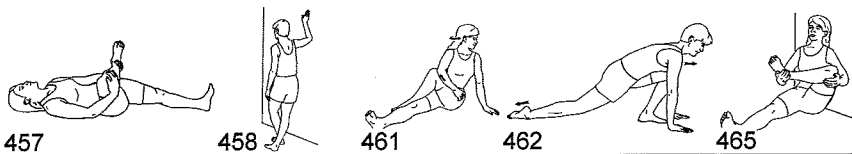
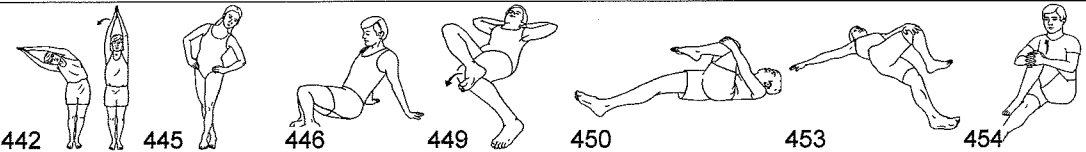
Groin



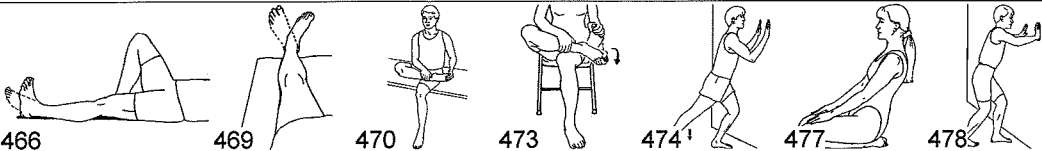
Hamstrings



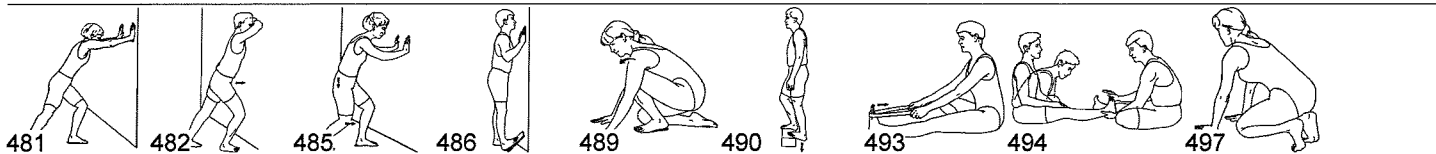
Hip Oblique



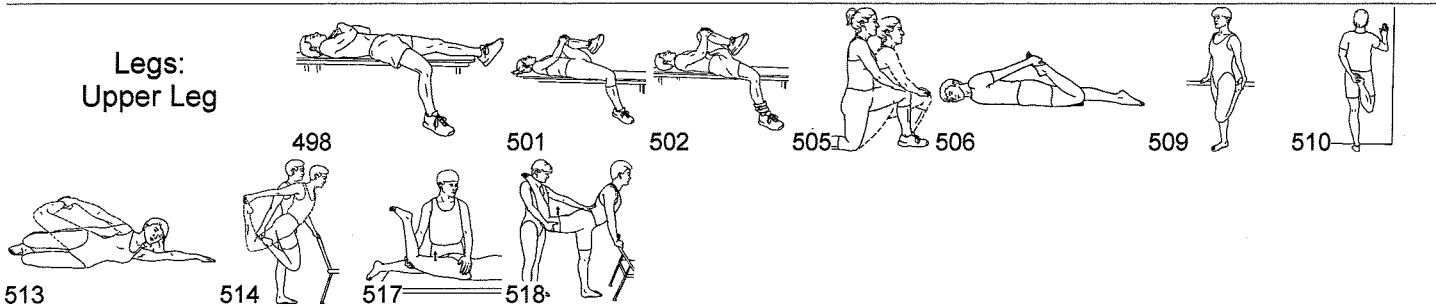
Legs: Lower Leg



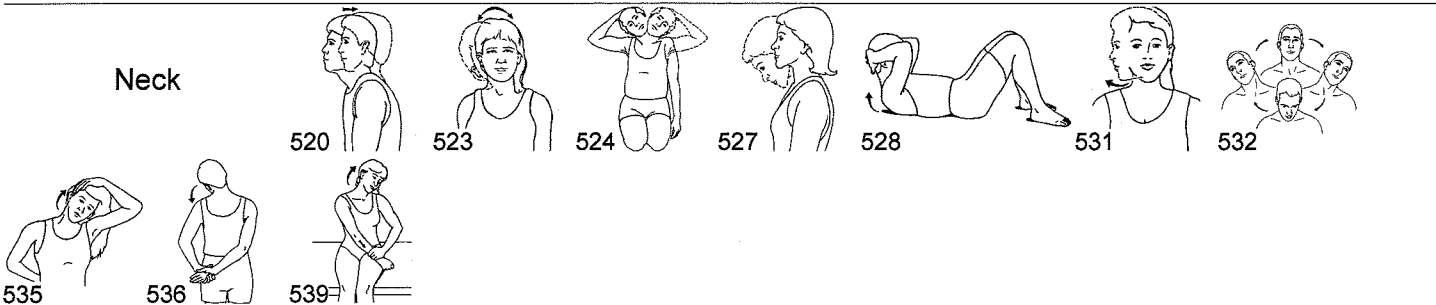
Trainer's Exercise Toolbox Kit



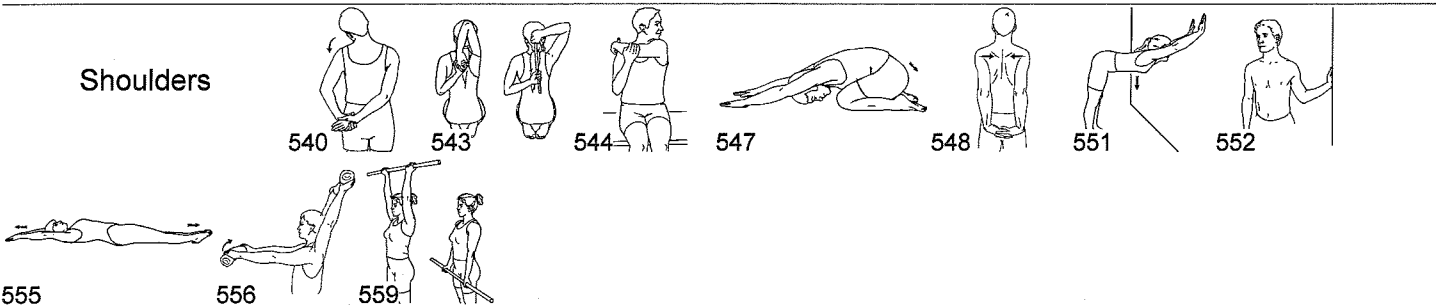
Legs: Upper Leg



Neck



Shoulders

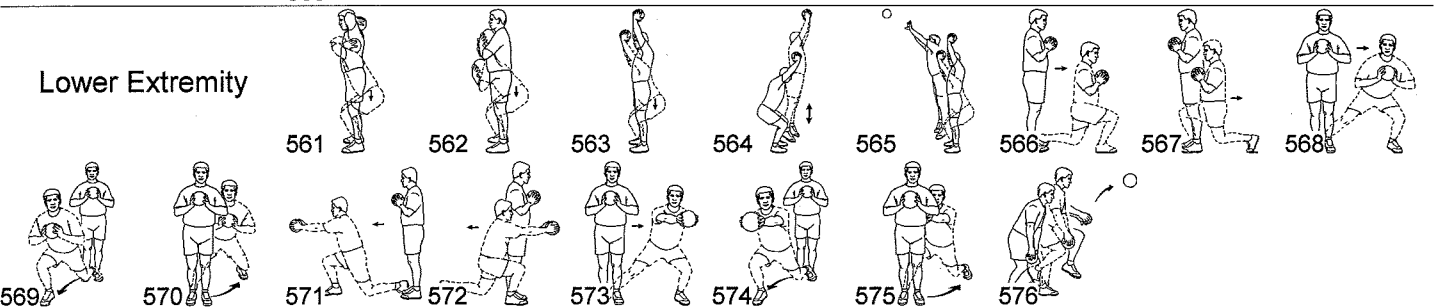


General Guidelines

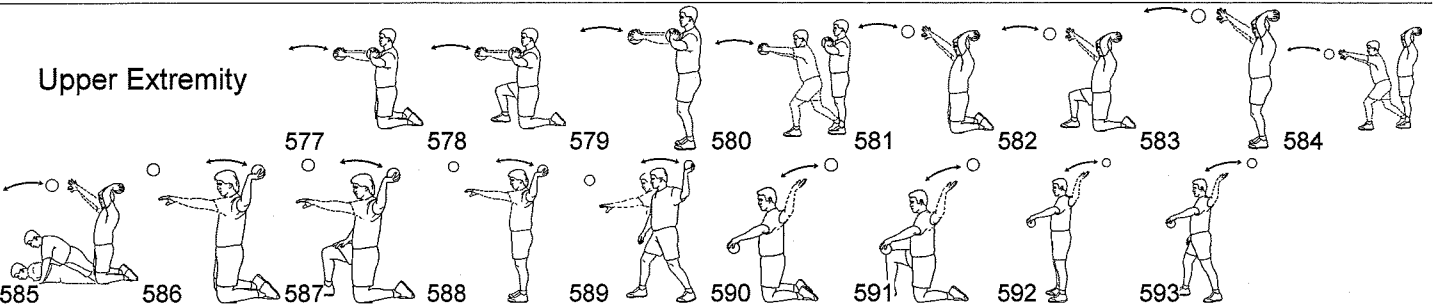
No
Picture

560

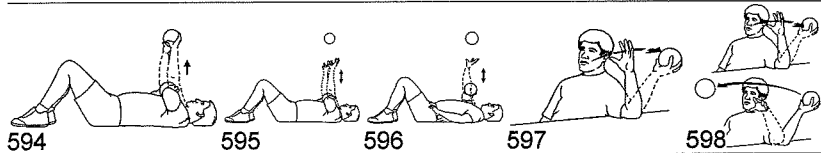
Lower Extremity



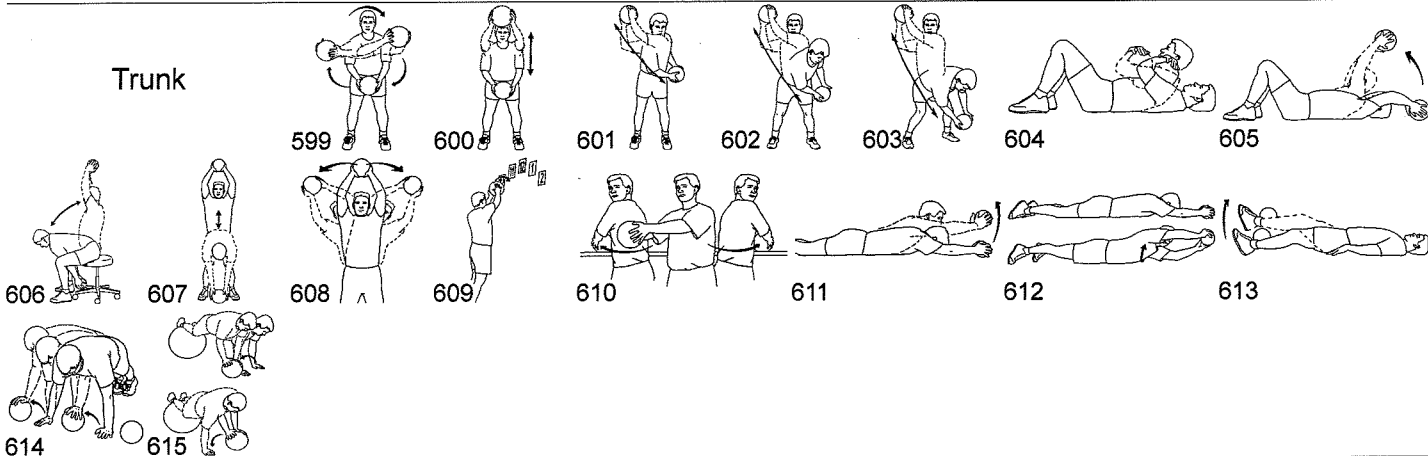
Upper Extremity



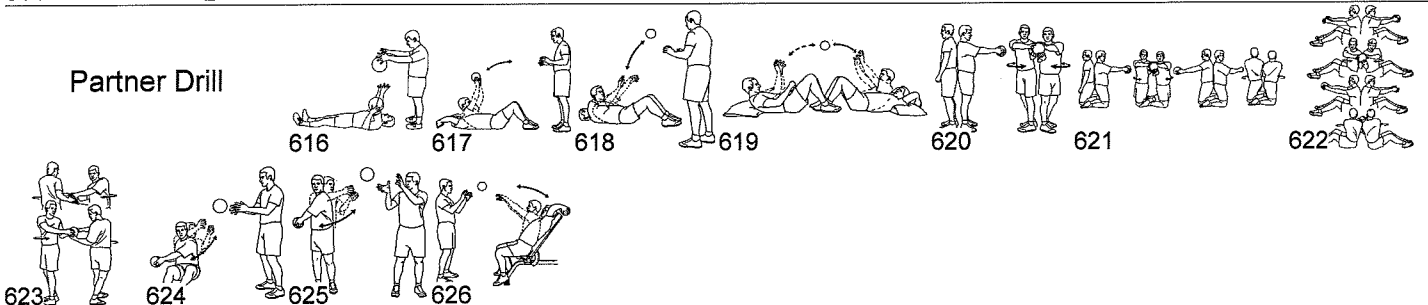
Trainer's Exercise Toolbox Kit



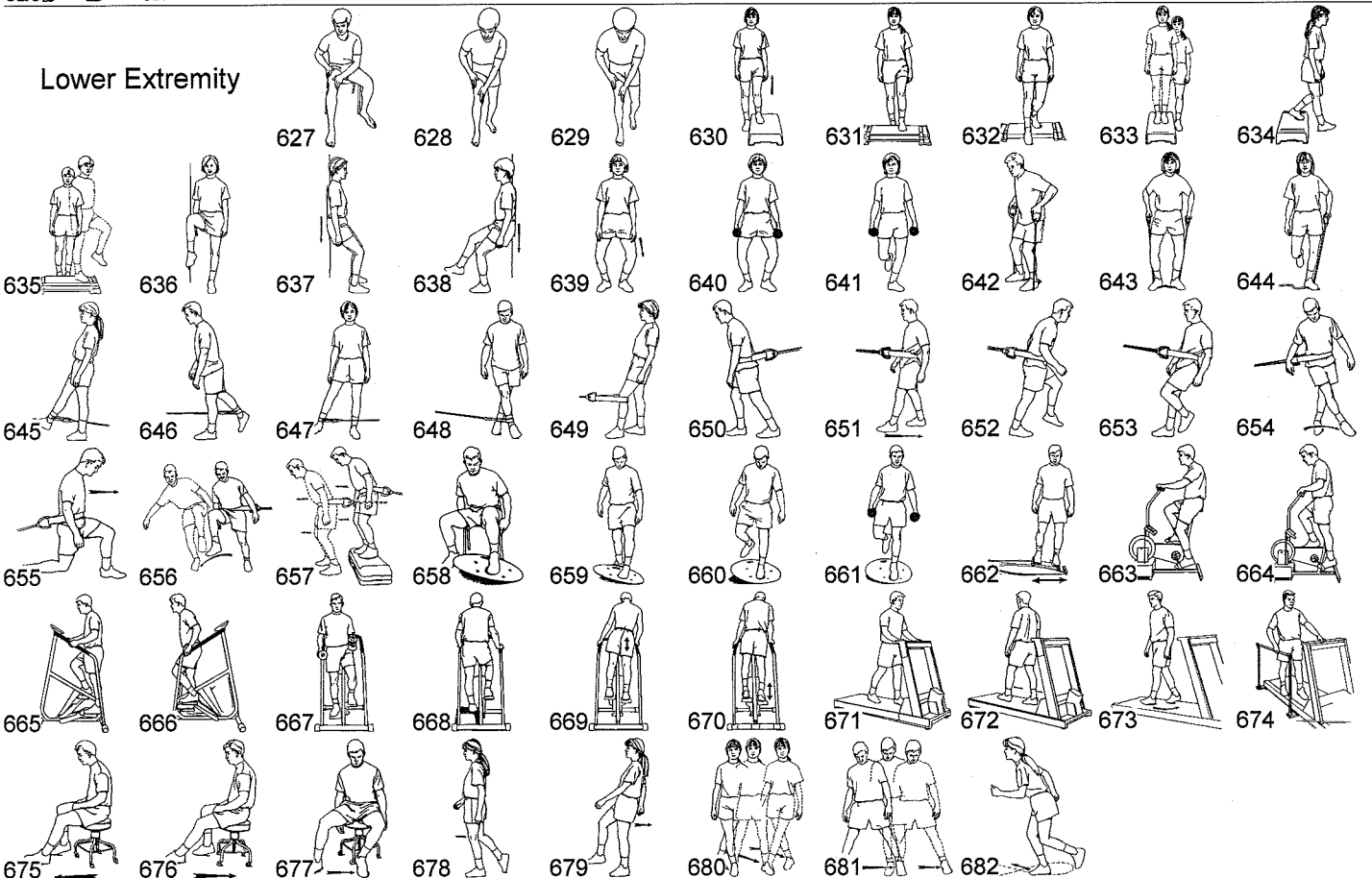
Trunk



Partner Drill



Lower Extremity



Trainer's Exercise Toolbox Kit

Upper Extremity

