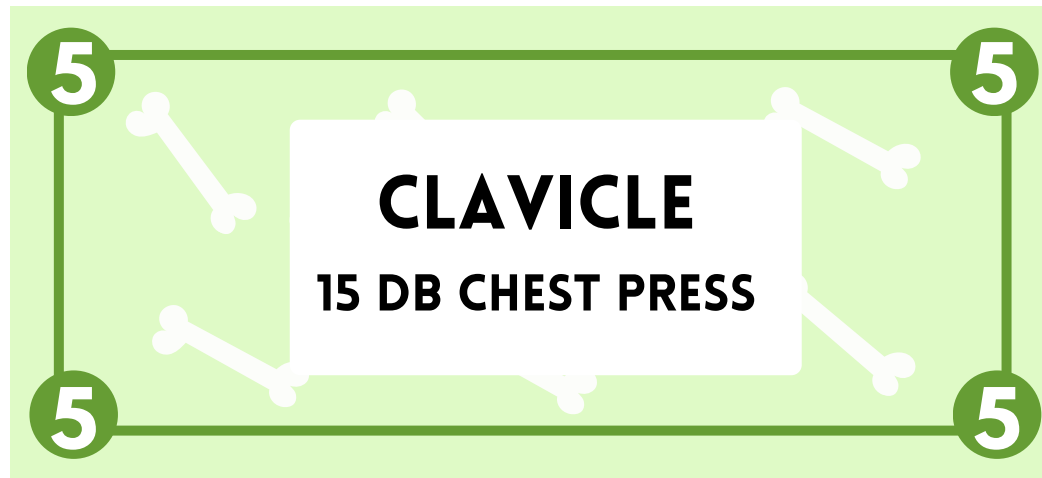
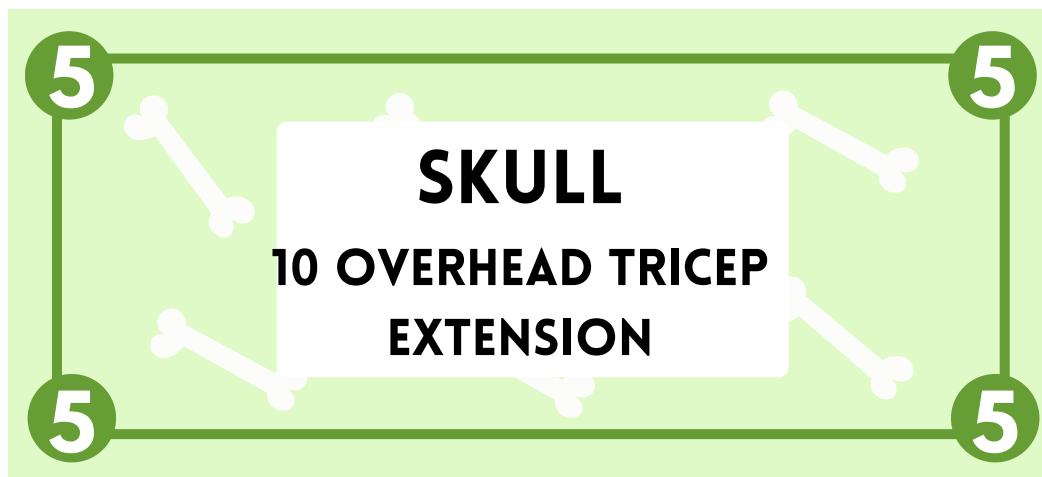
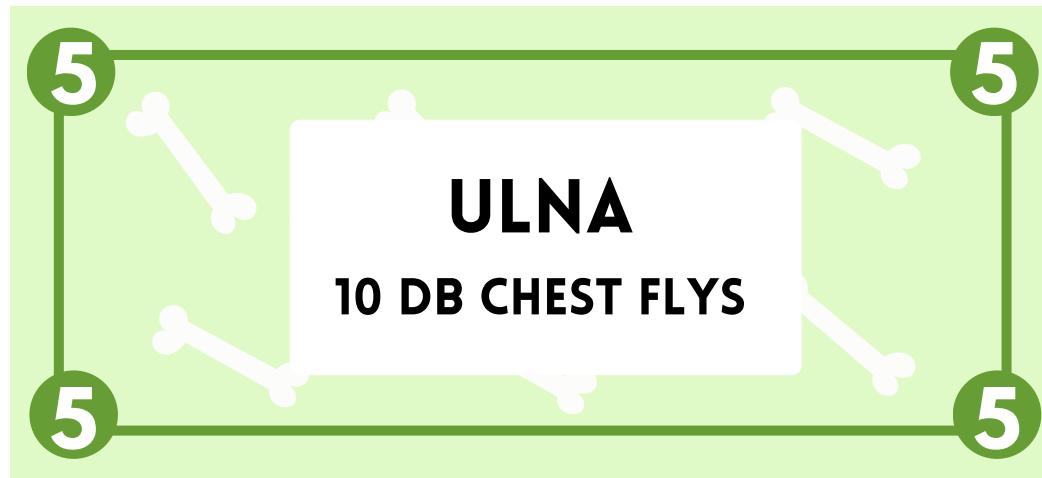
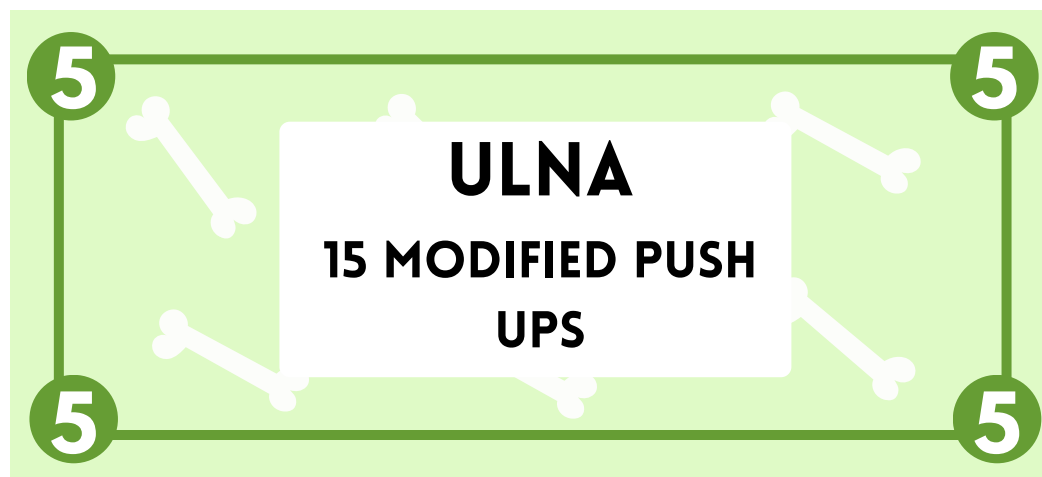
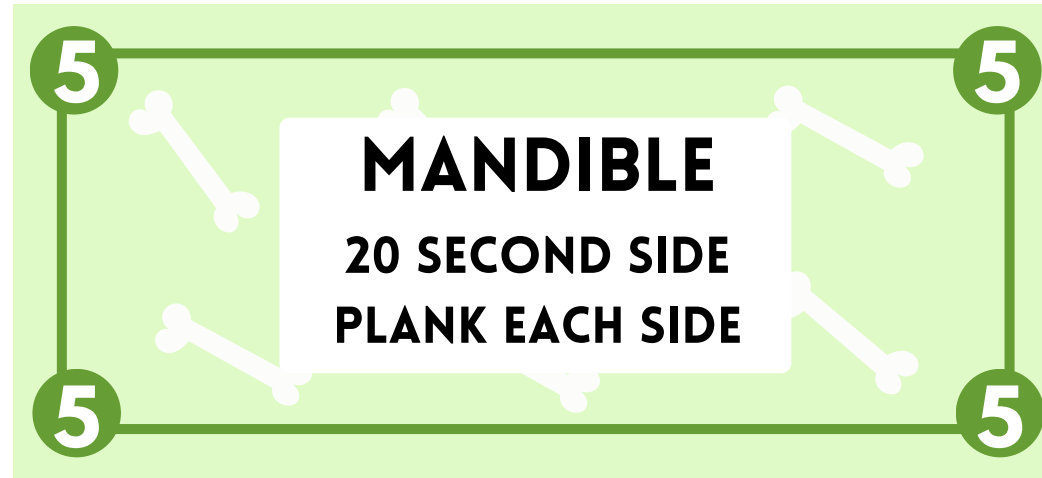
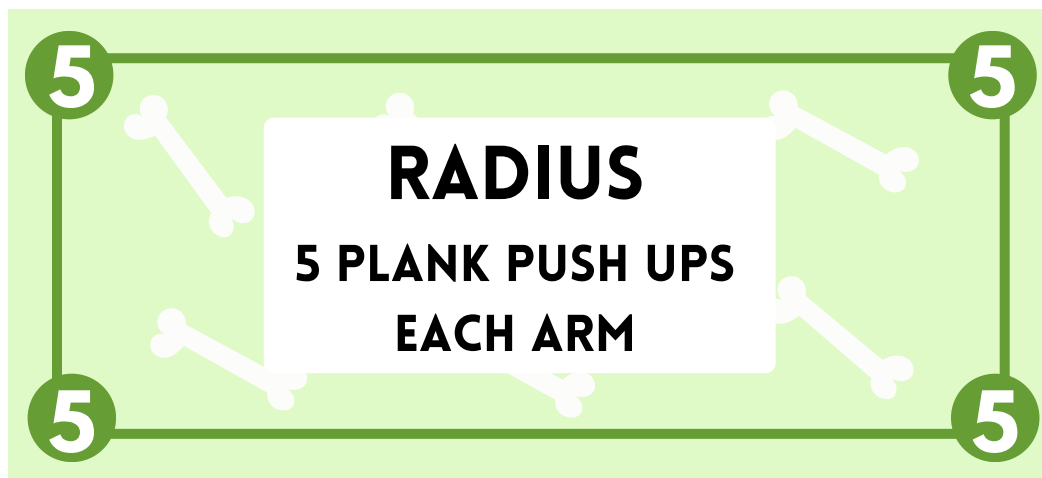








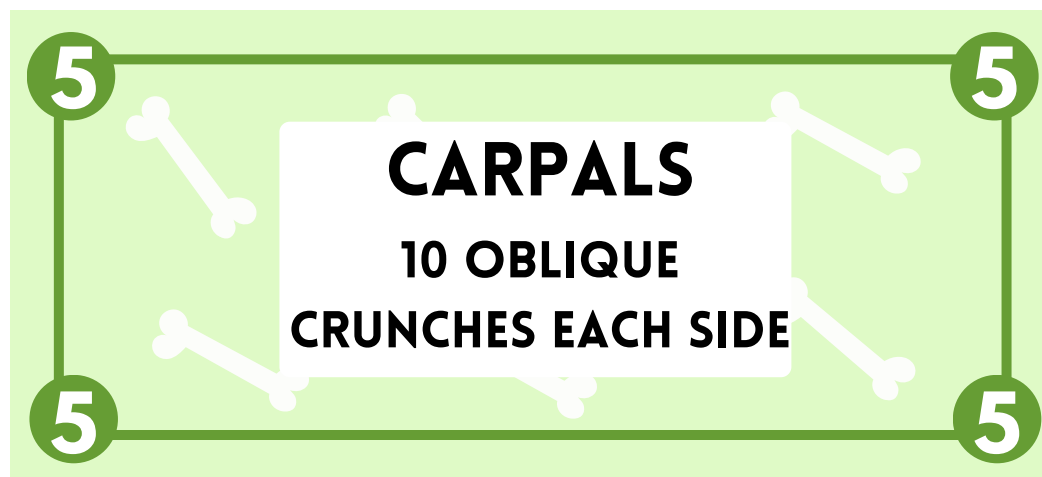
RADIUS
5 PLANK PUSH UPS
EACH ARM



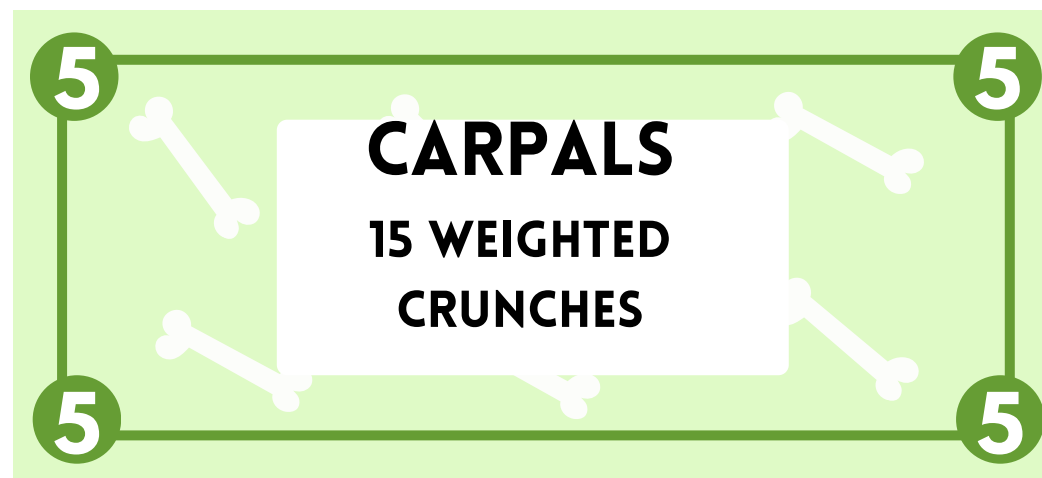
RADIUS
20 SECOND FOREARM
PLANK



RADIUS
10 BICEP CURLS
10 HAMMER CURLS



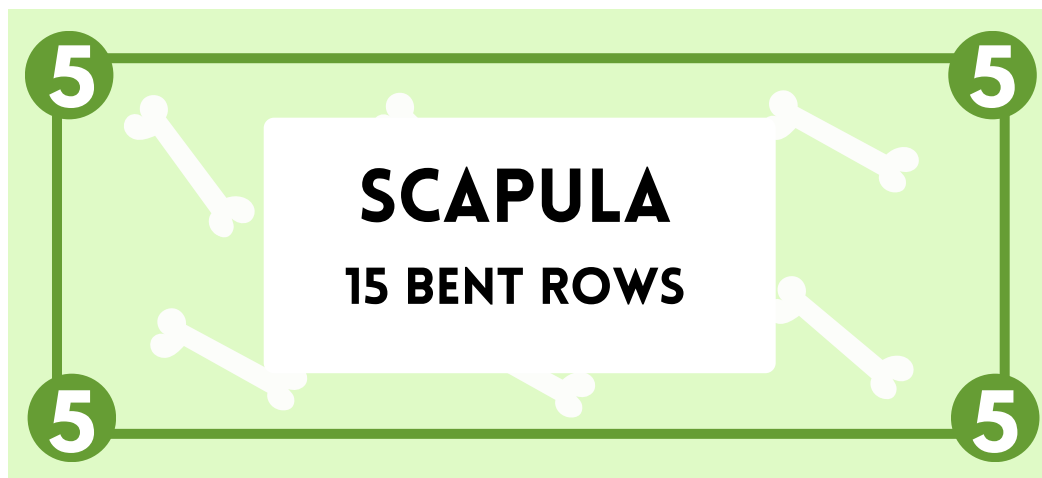
CARPALS
10 OBLIQUE
CRUNCHES EACH SIDE



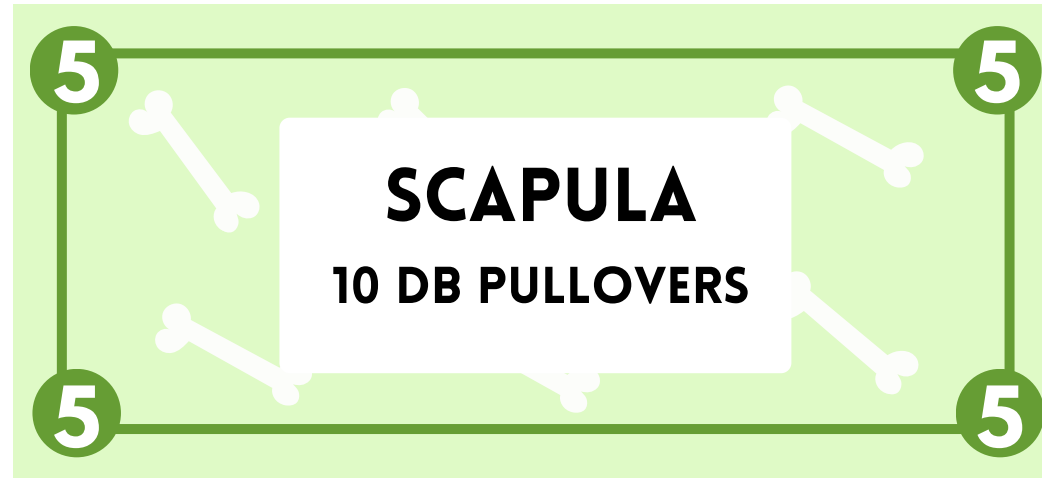
CARPALS
15 WEIGHTED
CRUNCHES



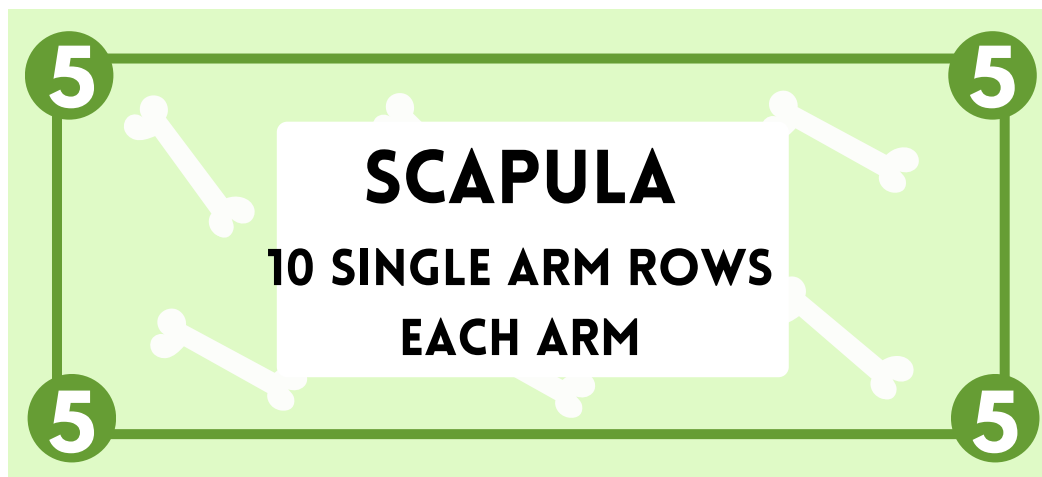
CARPALS
20 PLANK SHOULDER
TAPS



SCAPULA
15 BENT ROWS



SCAPULA
10 DB PULLOVERS



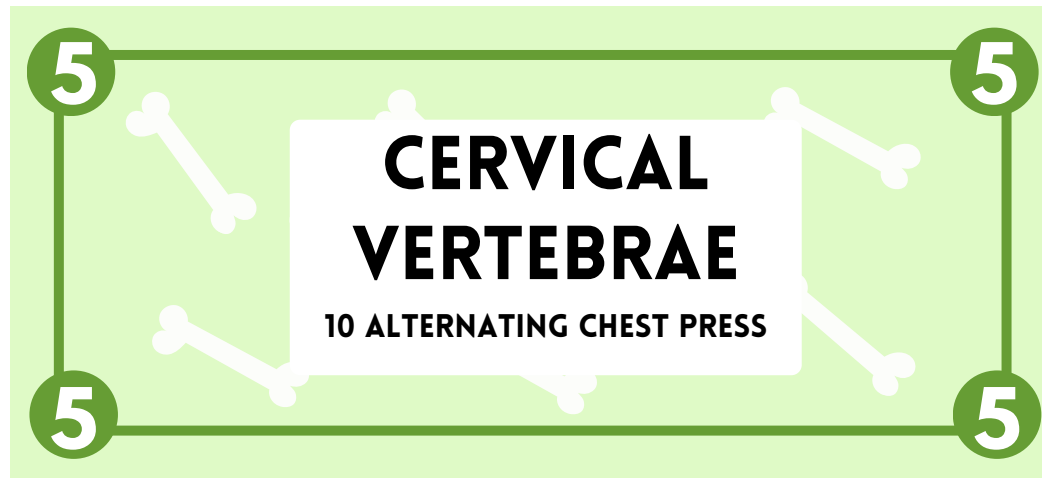
SCAPULA
10 SINGLE ARM ROWS
EACH ARM



**CERVICAL
VERTEBRAE**
10 SUPERMAN



**CERVICAL
VERTEBRAE**
10 ALTERNATING DB ROWS



**CERVICAL
VERTEBRAE**
10 ALTERNATING CHEST PRESS



**THORACIC
VERTEBRAE**
20 JUMPING JACKS



**THORACIC
VERTEBRAE**
10 BROAD JUMPS



**THORACIC
VERTEBRAE**
10 BICEP CURL TO PRESS



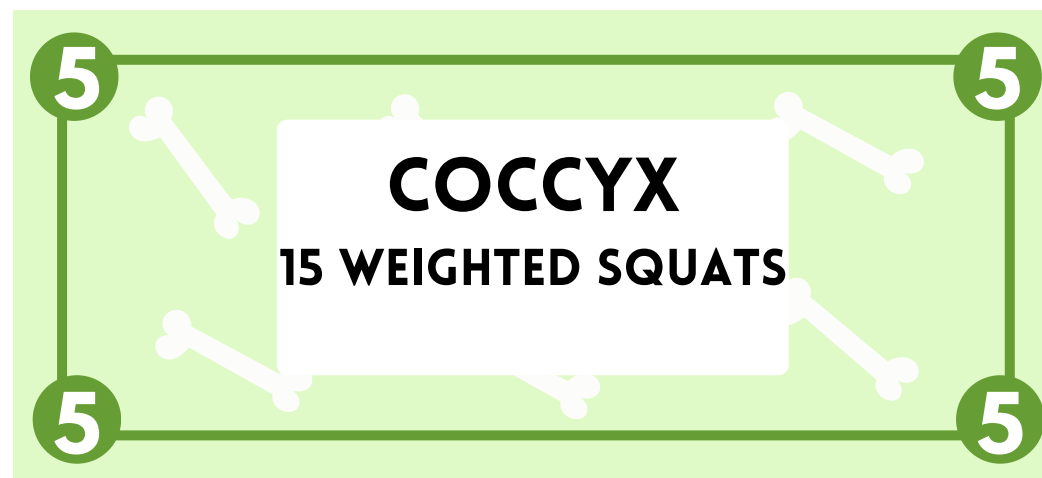
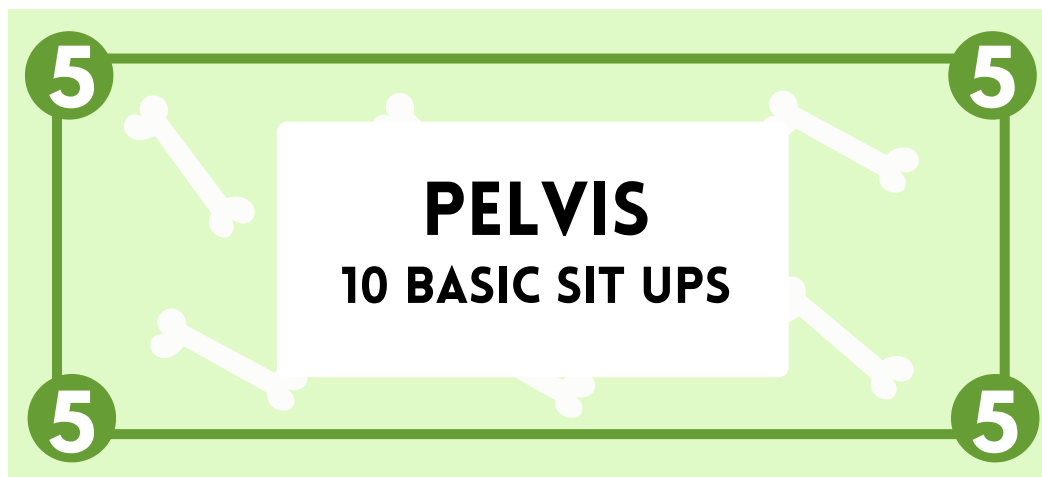
**LUMBAR
VERTEBRAE**
15 SWIMMERS

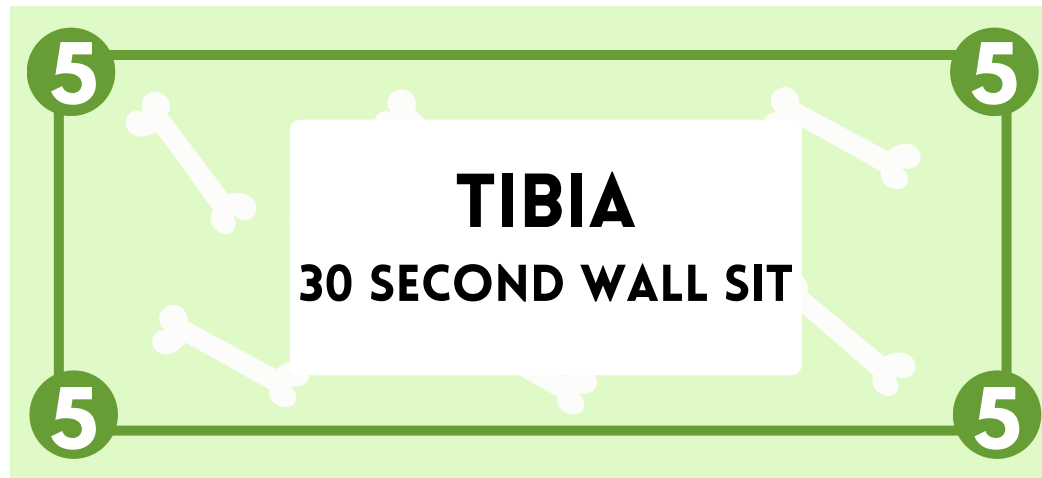
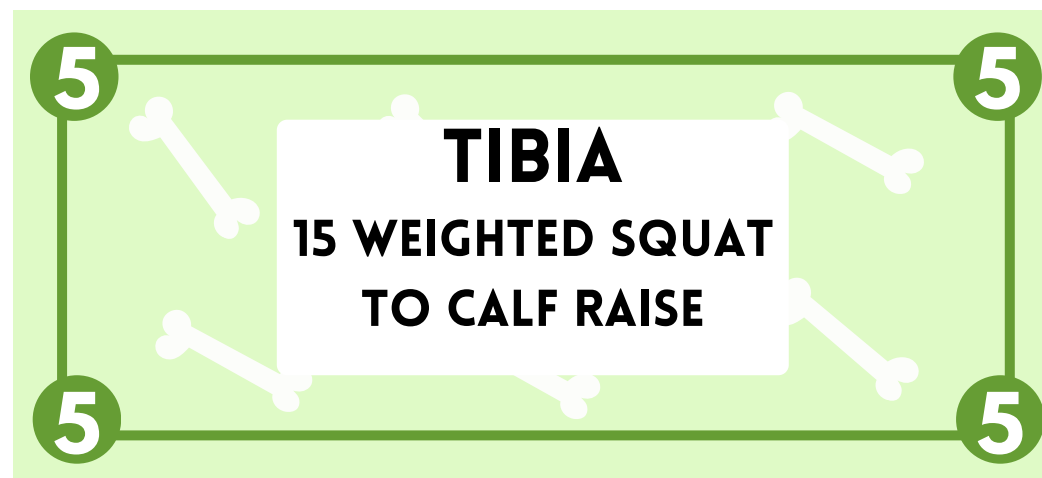
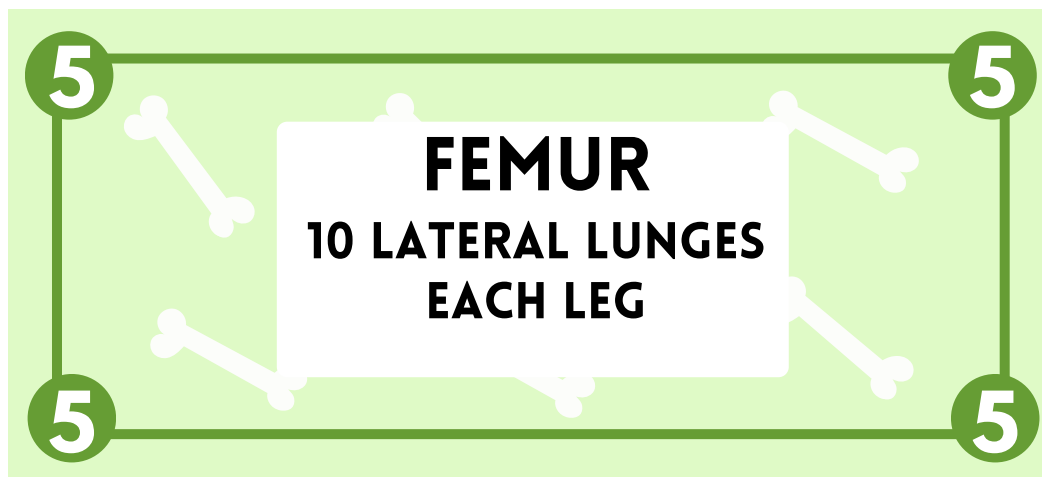
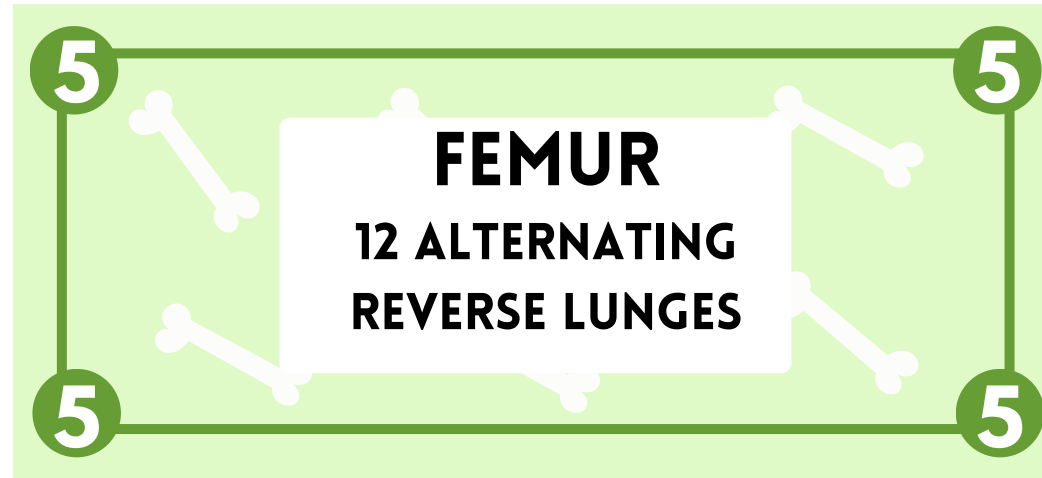
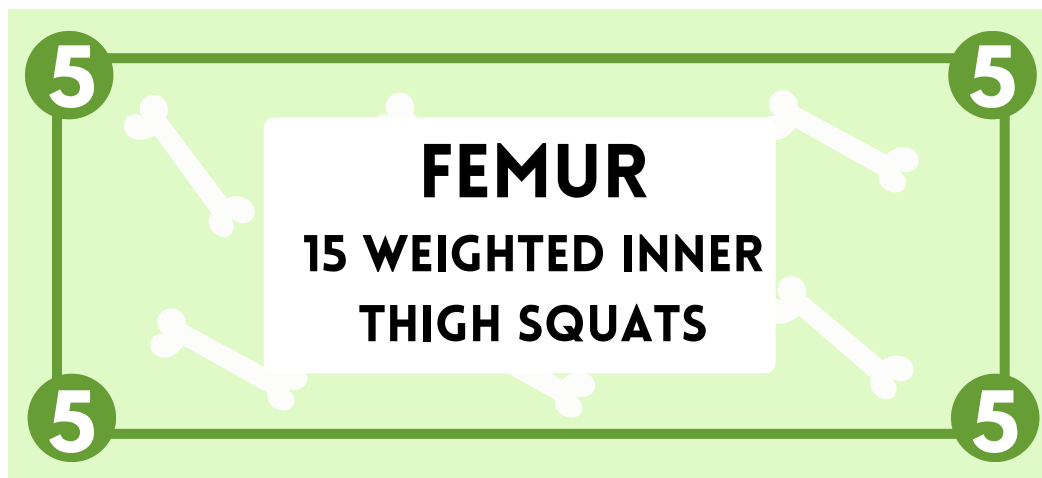


**LUMBAR
VERTEBRAE**
10 PUSH UPS



**LUMBAR
VERTEBRAE**
15 RUSSIAN TWISTS





FIBULA
5 FULL BURPEES

This card features a light green background with a dark green rectangular border. At each of the four corners, there is a dark green circle containing the number '5'. In the center of the card is a white rectangular box with a thin dark green border. The text 'FIBULA' is written in a large, bold, black sans-serif font, and '5 FULL BURPEES' is written below it in a smaller, bold, black sans-serif font. Faint, stylized white line drawings of human legs are visible in the background, positioned behind the central white box.

FIBULA
12 GOBLET SQUATS

This card features a light green background with a dark green rectangular border. At each of the four corners, there is a dark green circle containing the number '5'. In the center of the card is a white rectangular box with a thin dark green border. The text 'FIBULA' is written in a large, bold, black sans-serif font, and '12 GOBLET SQUATS' is written below it in a smaller, bold, black sans-serif font. Faint, stylized white line drawings of human legs are visible in the background, positioned behind the central white box.

FIBULA
10 CURTSY LUNGES
EACH LEG

This card features a light green background with a dark green rectangular border. At each of the four corners, there is a dark green circle containing the number '5'. In the center of the card is a white rectangular box with a thin dark green border. The text 'FIBULA' is written in a large, bold, black sans-serif font, and '10 CURTSY LUNGES EACH LEG' is written below it in a smaller, bold, black sans-serif font. Faint, stylized white line drawings of human legs are visible in the background, positioned behind the central white box.

RIBS
10 BASIC SIT UPS

This card features a light green background with a dark green rectangular border. At each of the four corners, there is a dark green circle containing the number '5'. In the center of the card is a white rectangular box with a thin dark green border. The text 'RIBS' is written in a large, bold, black sans-serif font, and '10 BASIC SIT UPS' is written below it in a smaller, bold, black sans-serif font. Faint, stylized white line drawings of human legs are visible in the background, positioned behind the central white box.

RIBS
30 WEIGHTED CALF
RAISES

This card features a light green background with a dark green rectangular border. At each of the four corners, there is a dark green circle containing the number '5'. In the center of the card is a white rectangular box with a thin dark green border. The text 'RIBS' is written in a large, bold, black sans-serif font, and '30 WEIGHTED CALF RAISES' is written below it in a smaller, bold, black sans-serif font. Faint, stylized white line drawings of human legs are visible in the background, positioned behind the central white box.

RIBS
8 SINGLE ARM TRICEP
EXTENSION EACH ARM

This card features a light green background with a dark green rectangular border. At each of the four corners, there is a dark green circle containing the number '5'. In the center of the card is a white rectangular box with a thin dark green border. The text 'RIBS' is written in a large, bold, black sans-serif font, and '8 SINGLE ARM TRICEP EXTENSION EACH ARM' is written below it in a smaller, bold, black sans-serif font. Faint, stylized white line drawings of human legs are visible in the background, positioned behind the central white box.



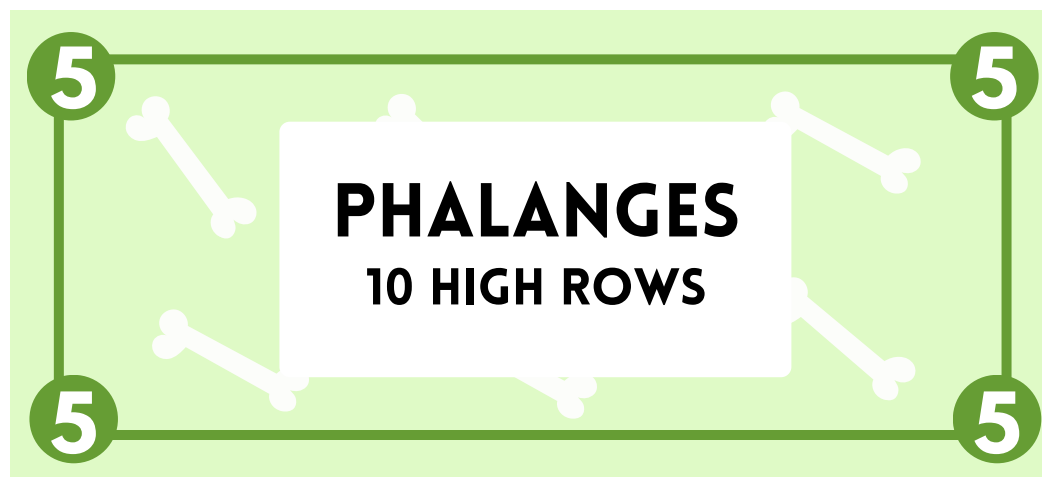
METACARPALS
NO EXERCISE!



METACARPALS
NO EXERCISE!



METACARPALS
NO EXERCISE!



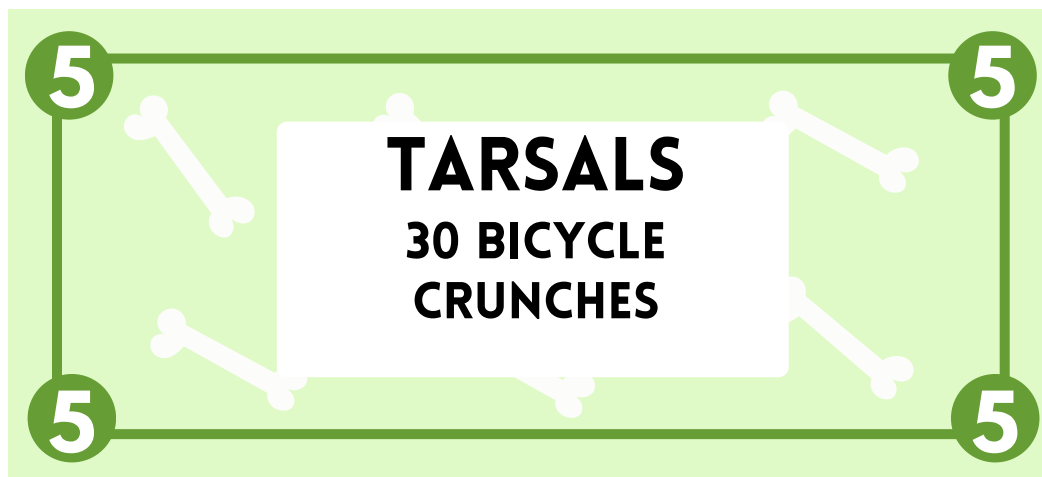
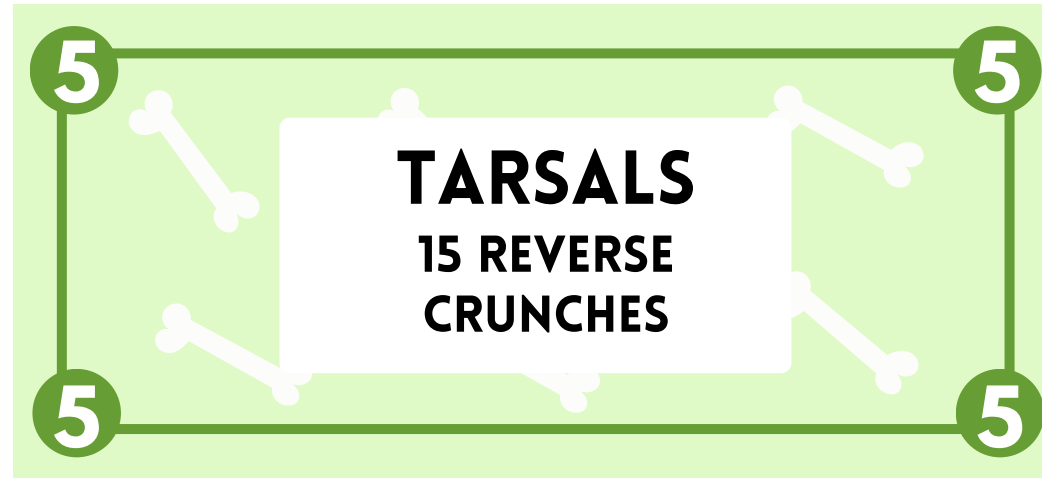
PHALANGES
10 HIGH ROWS

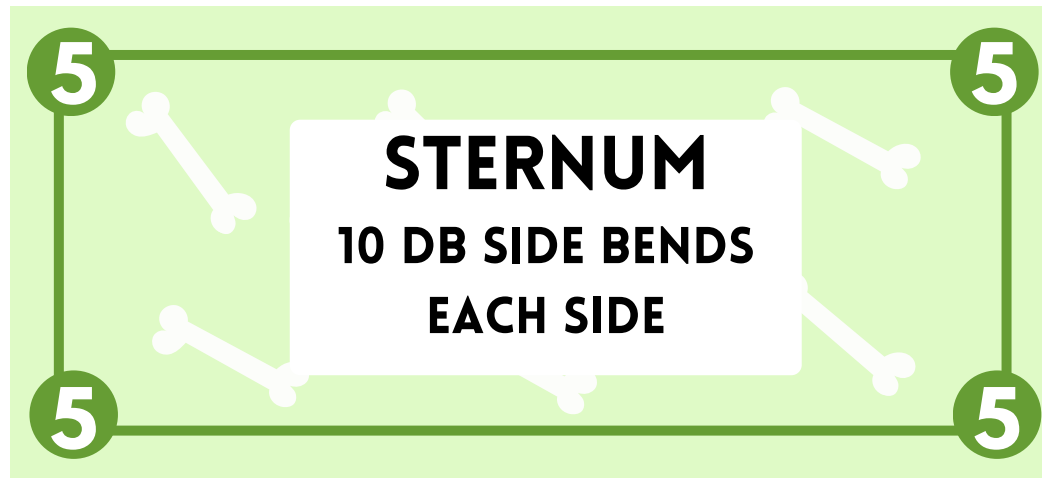
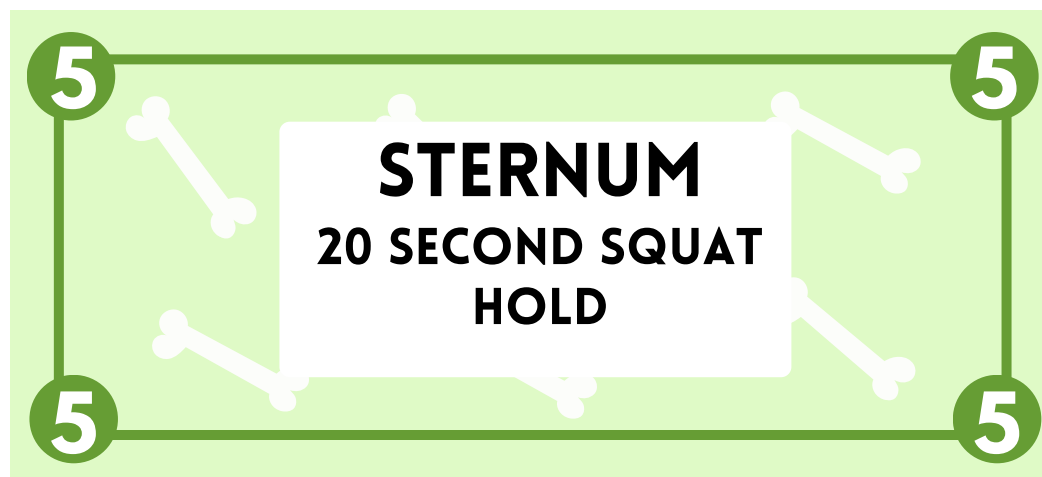
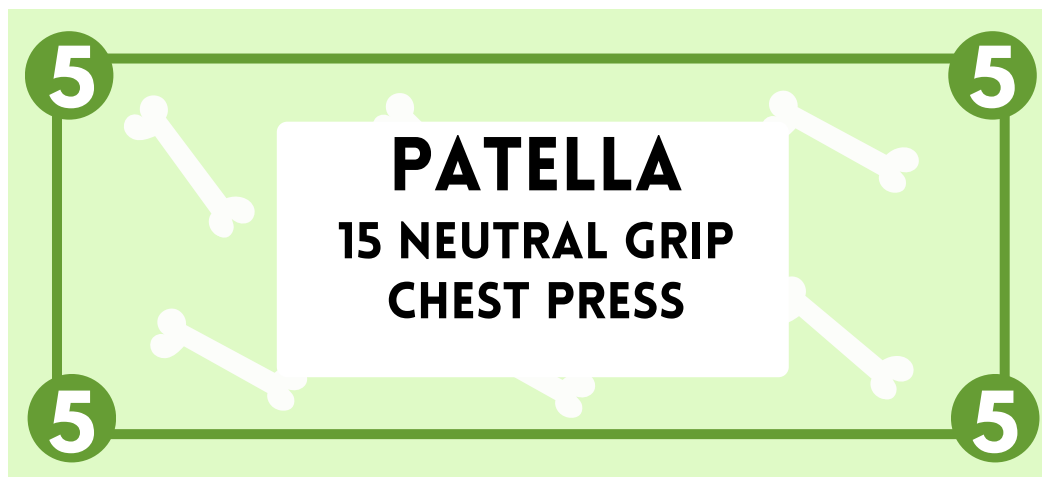


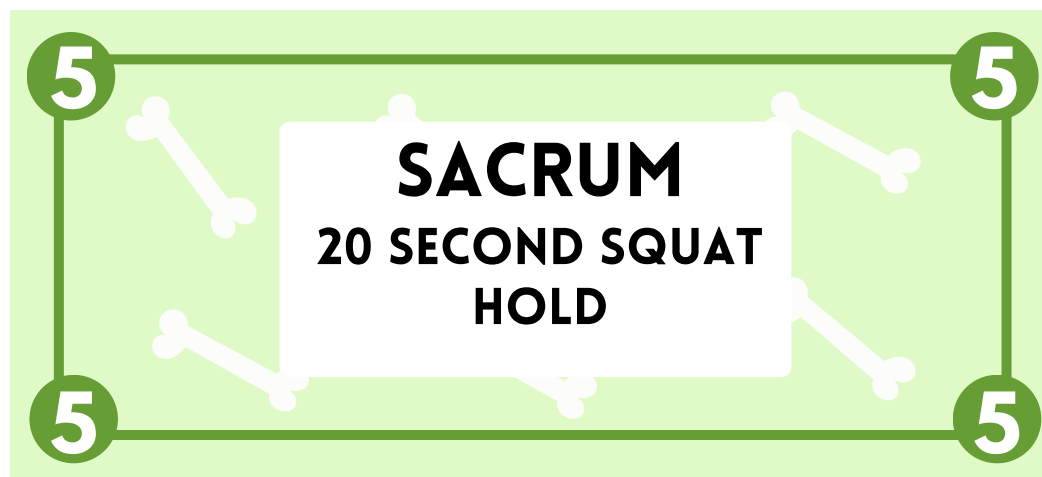
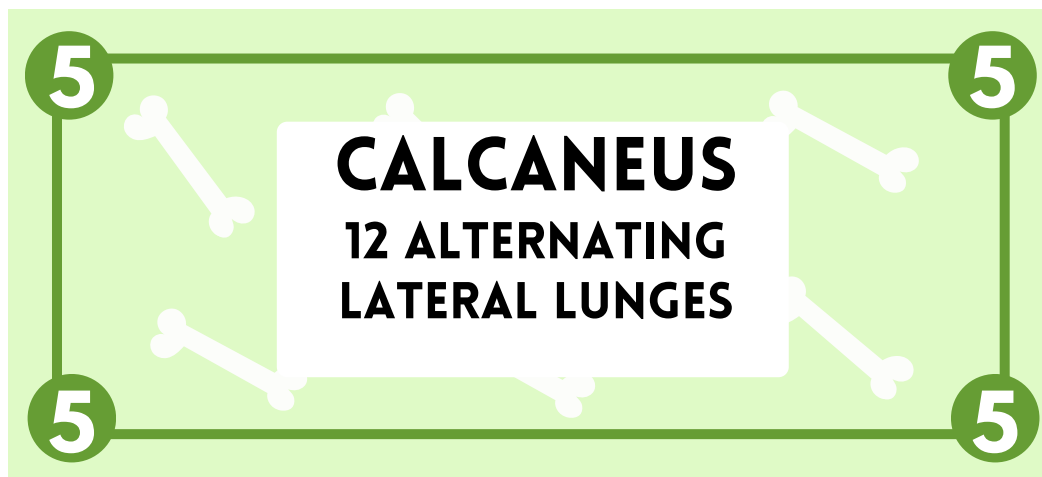
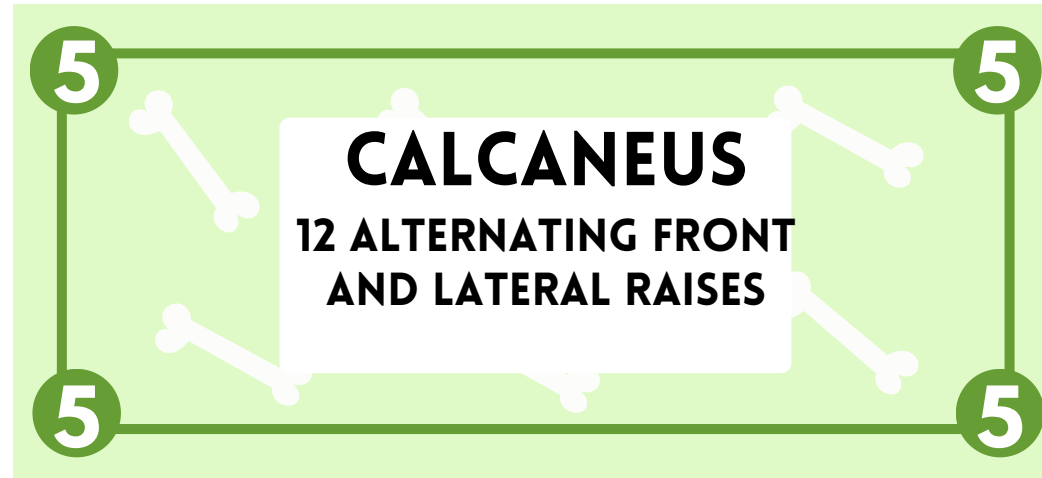
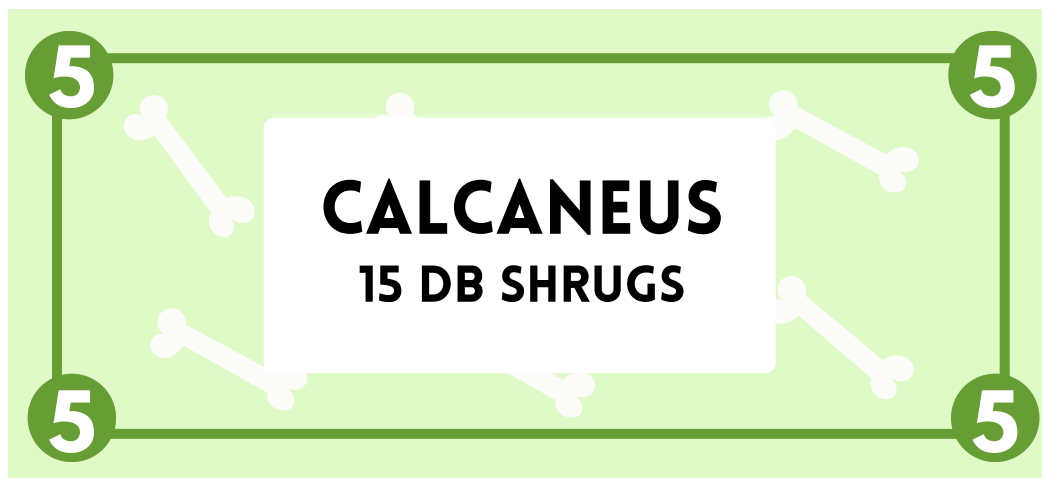
PHALANGES
15 SECOND
SUPERMAN HOLD



PHALANGES
20 LEG SCISSORS







5

PHALANGES

**12 ALTERNATING STEP
UPS**

5

5

PHALANGES

**5 BROAD JUMPS
5 SQUAT JUMPS**

5

5

PHALANGES

**15 TABLETOP
CRUNCHES**

5

5

HUMERUS

**15 SECOND REVERSE
PLANK**

5

5

HUMERUS

**20 SECOND WALL SIT
10 DB SQUATS**

5

5

HUMERUS

**10 FULL PUSH UPS
10 SECOND HIGH PLANK**

5