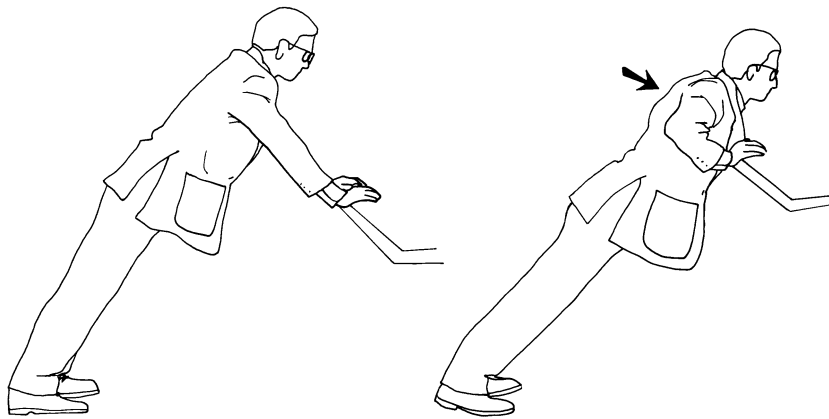


Chest Press
5-15 times
p. 83



Lat Stretch
5-12 times
p. 84



Desk Pushup
2-10 times
p. 84