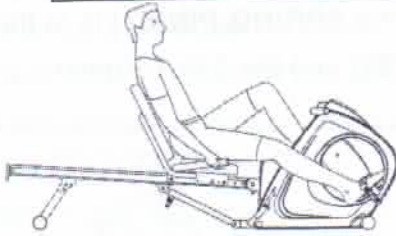
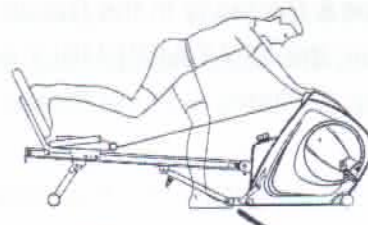


# BODY MOVEMENT EXERCISE

## RECUMENT EXERCISE

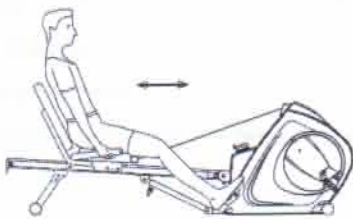


## BUTTOCKS EXERCISE

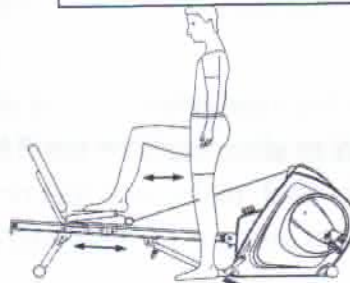


Be sure to step on the iron PILATES PEDAL

## LEG EXTENSION EXERCISE

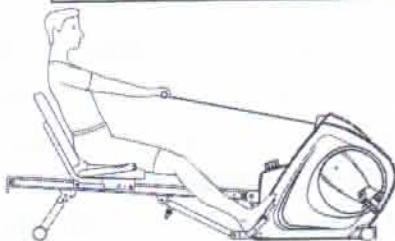


## LEG STRETCH EXERCISE



Be sure to step on the iron PILATES PEDAL

## ROWER EXERCISE



## BICEP CURL EXERCISE



Be sure to step on the iron PILATES PEDAL

## TRICEPPULL EXERCISE



Be sure to step on the iron PILATES PEDAL

## BACK & ABDOMINAL EXERCISE

