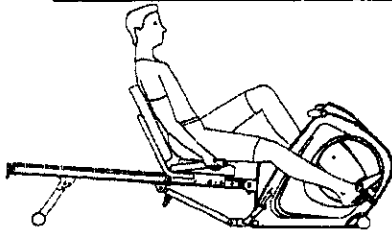
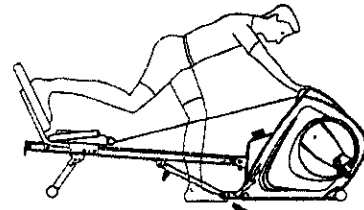


BODY MOVEMENT EXERCISE

RECUMENT EXERCISE

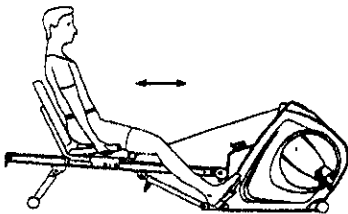


BUTTOCKS EXERCISE

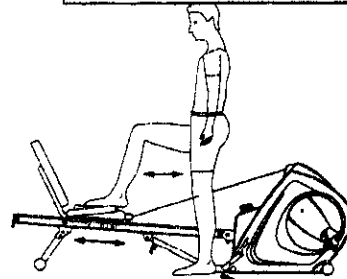


Be sure to step on the iron PILATES PEDAL

LEG EXTENSION EXERCISE

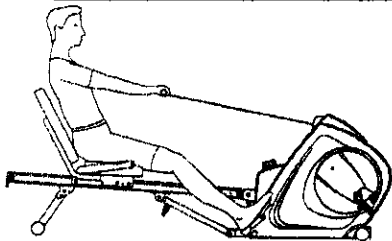


LEG STRETCH EXERCISE

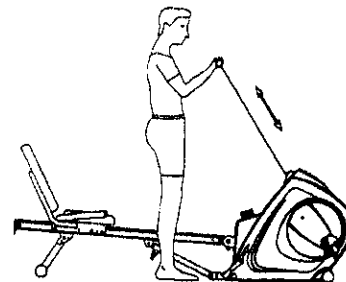


Be sure to step on the iron PILATES PEDAL

ROWER EXERCISE

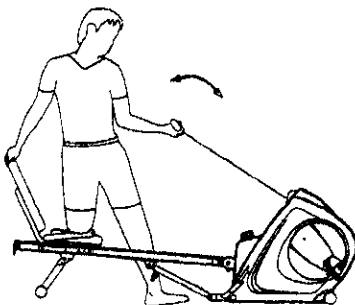


BICEP CURL EXERCISE



Be sure to step on the iron PILATES PEDAL

TRICEPPULL EXERCISE



Be sure to step on the iron PILATES PEDAL

BACK & ABDOMINAL EXERCISE

