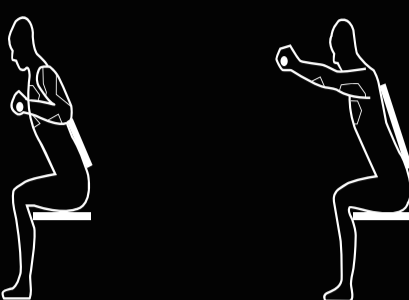
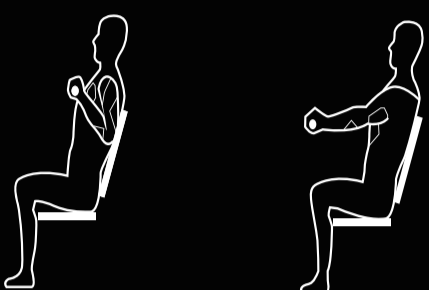


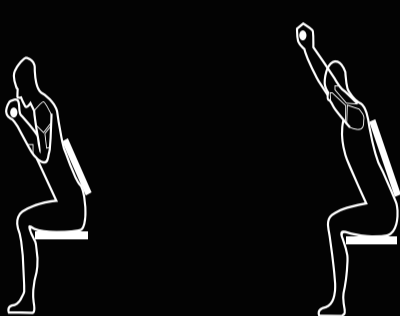
Sitting posture chest pushing



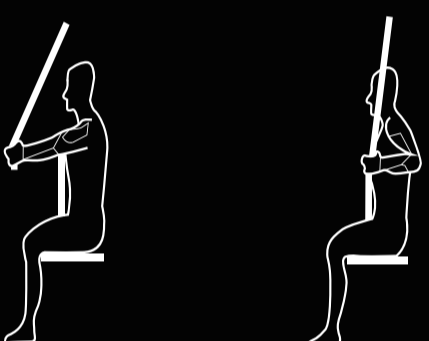
Sitting chest pushing up



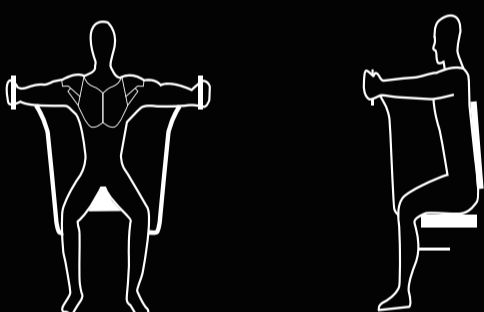
Sitting chest pushing down



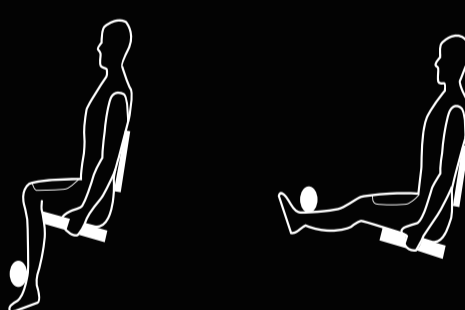
Shoulder life up



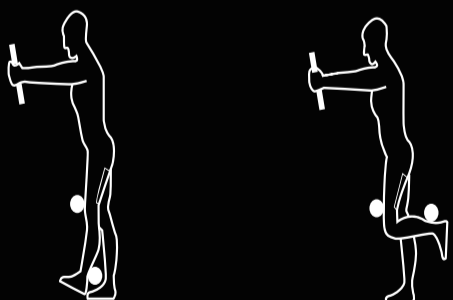
Sitting backrest pull



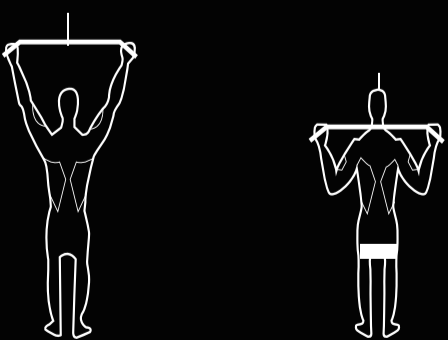
Sitting chest clip



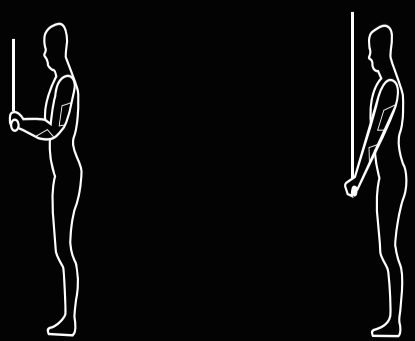
Standing posture pull-up



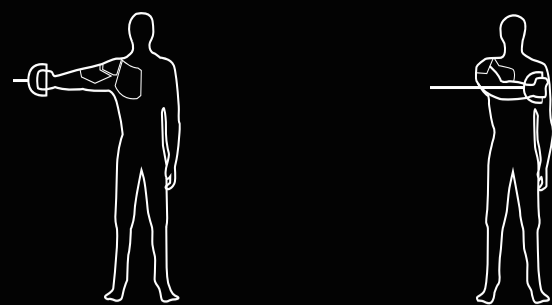
Leg bending pull



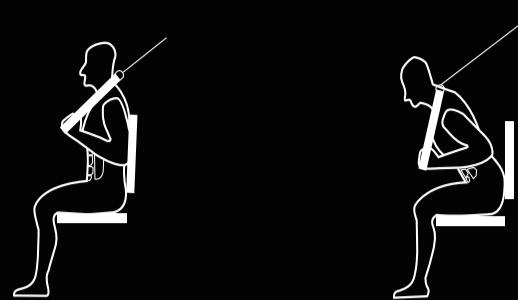
High pull exercise



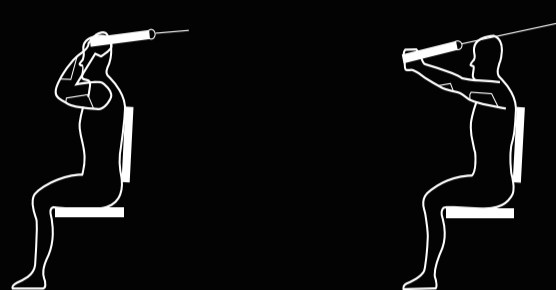
Trident muscle pull down



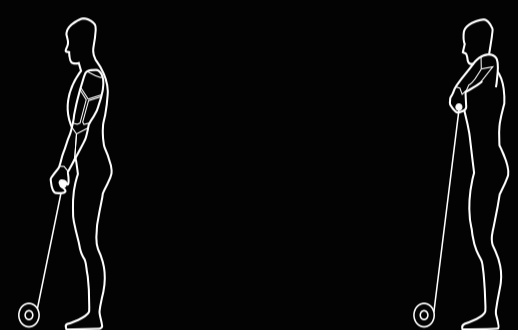
Single-handed flat pull



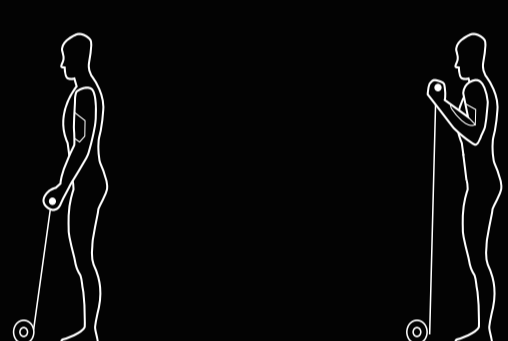
Backrest belt exercise



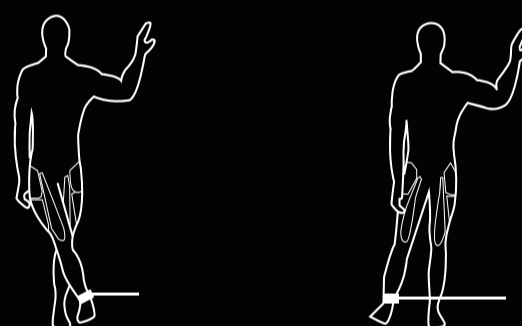
Trident muscle expansion



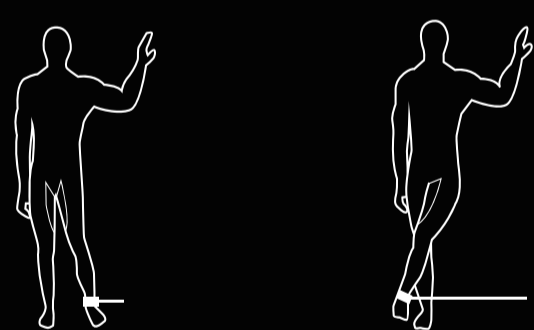
Forehand pull-up



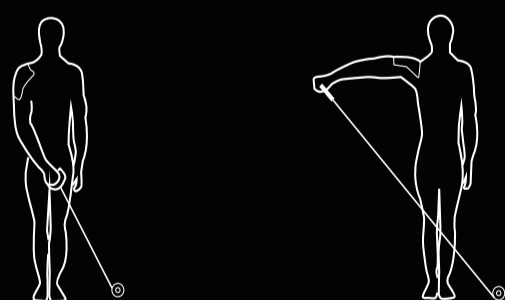
Backhand pull-up



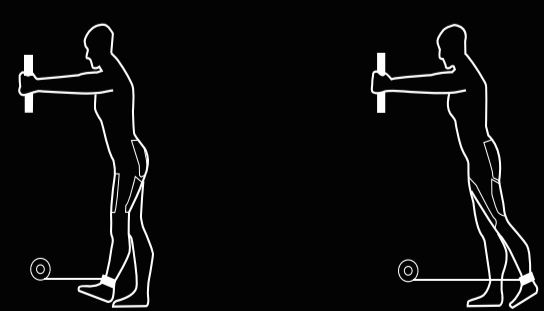
Outer thigh



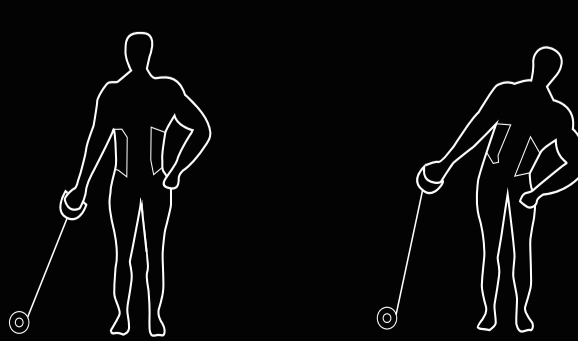
Inner thigh



Deltoil pull up



Strap rear kick



Sideways pull up