

HIT THE FLOOR

Strength Training with Exercise Mat

CHEST:

Push-up



Chest Press



ARMS:

Skull Crusher



BACK:

Butterfly Back



Bird Dog



Bicep Curl



ABS:

Abdominal Curl



Reverse Curl



Oblique Curl



LEGS:

Side Leg Raise



Hamstring Curl

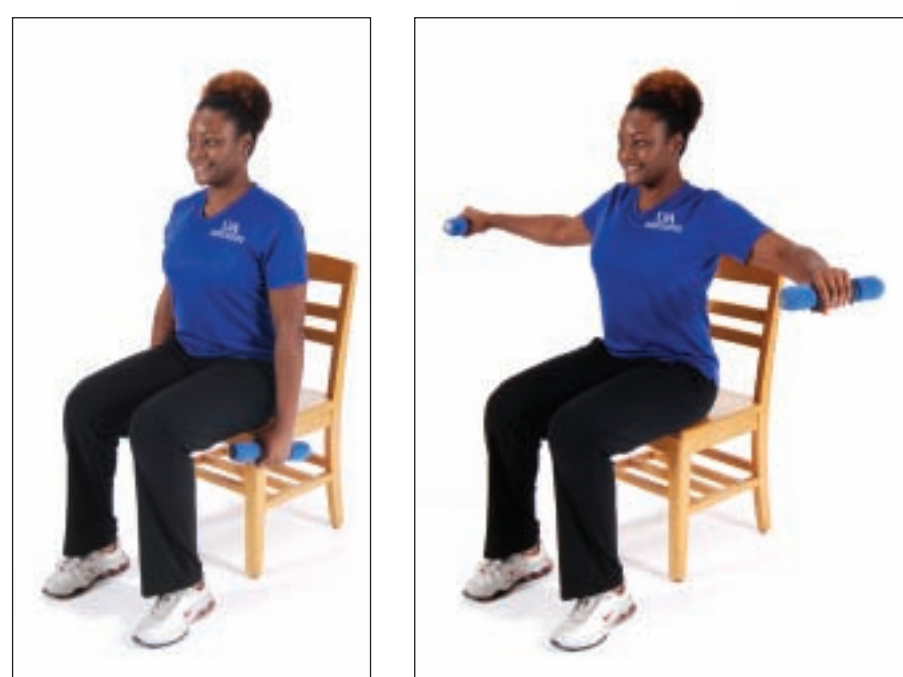


SHOULDERS:

Front Lateral Raise



Side Lateral Raise



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Fit In 10

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