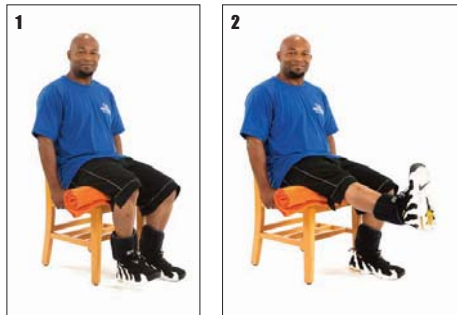


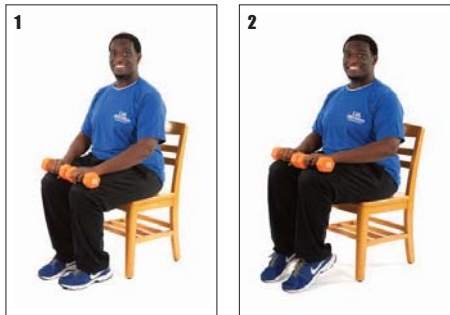
GET PUMPED:

Seated Strength Training Basics

Knee Extension



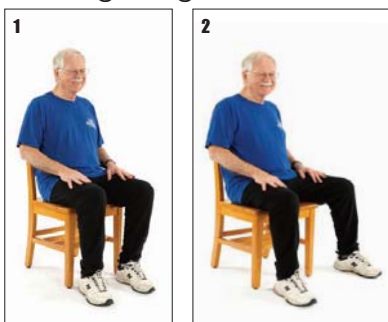
Seated Calf Raise



Butt Squeeze



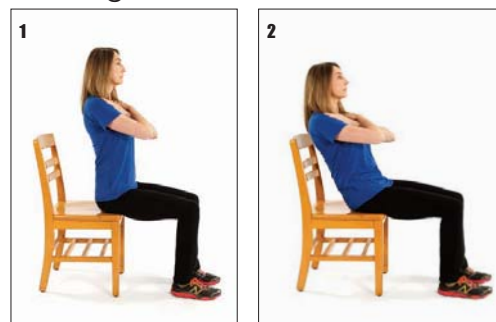
Flamingo Legs



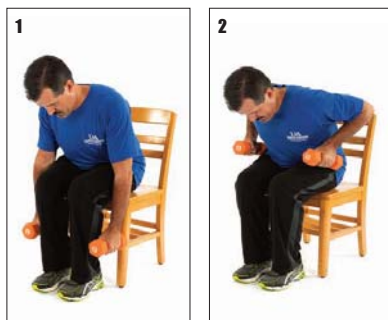
Hamstring Stretch



Rocking Chair



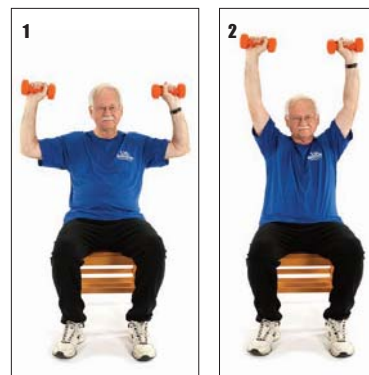
Bent Over Row



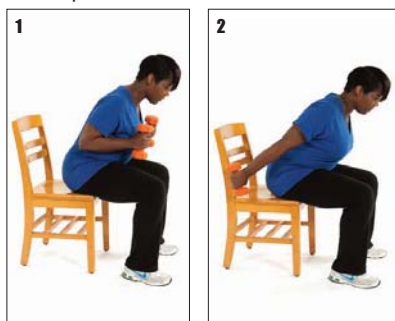
Modified Side Arm Raise



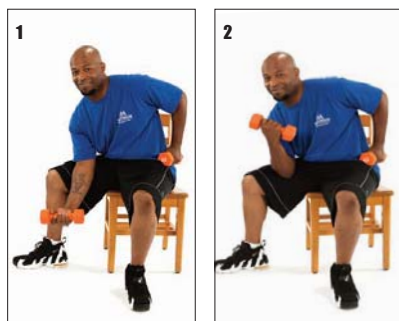
Overhead Press



Triceps Kickback



Concentration Curl



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