

Resistance Band Exercises



Reverse Flies



Hip Abduction



Lateral Raise



Front Raise



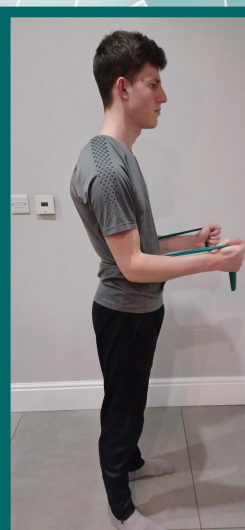
Triceps Extension



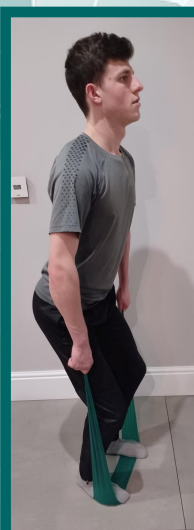
Biceps Curl



Hip Extension



Chest Press



Squat



Lat Pull Down



Resistance Band Exercises



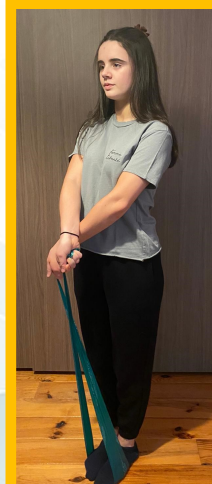
Reverse Flies



Hip Abduction



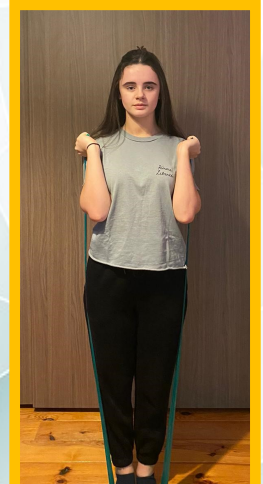
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Squat



Lat Pull Down