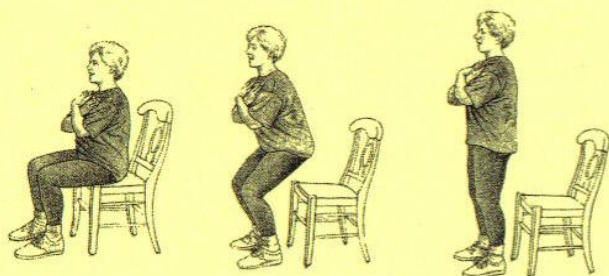
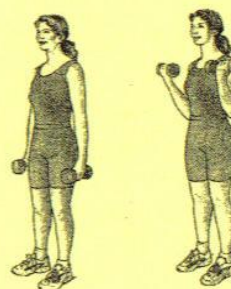


# Eight Exercises That Will Make You Strong

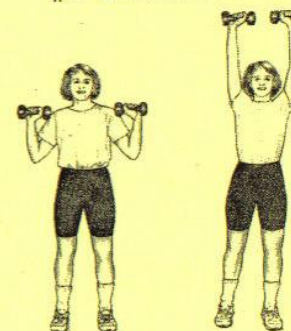
#1: CHAIR STAND



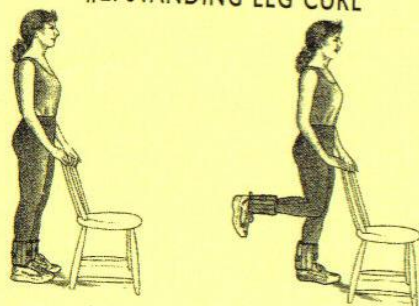
#5: BICEPS CURL



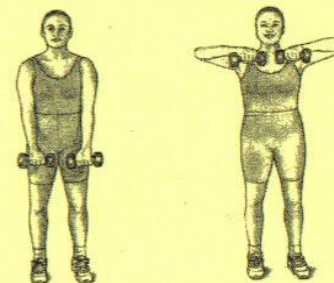
#6: OVERHEAD PRESS



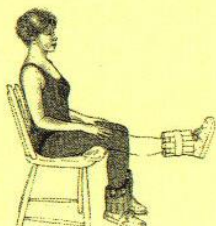
#2: STANDING LEG CURL



#7: UPWARD ROW



#3: KNEE EXTENSION



#4: SIDE HIP RAISE



#8: TOE STAND

