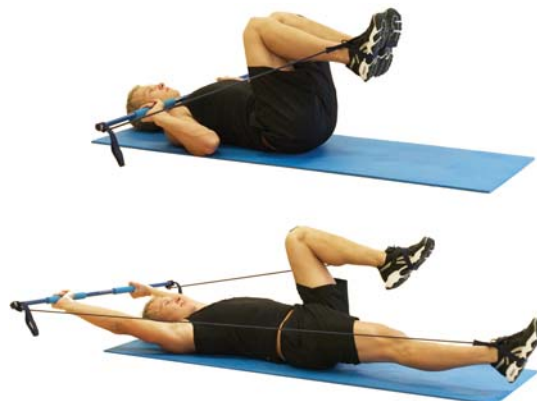


## Combination workout



Lunge with a press  
( both loops in the back foot )



Whole-body extension



Cross country skiing  
jumps with body rotation



Press forward and leg press  
( Both loops in the back foot )



Lunge with body rotation



Crunch or Sit-up with  
biceps curl