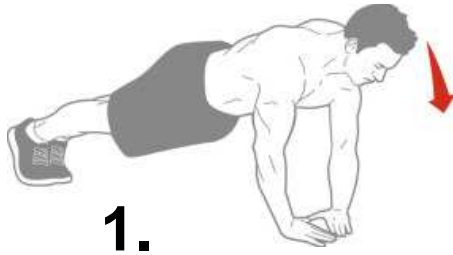
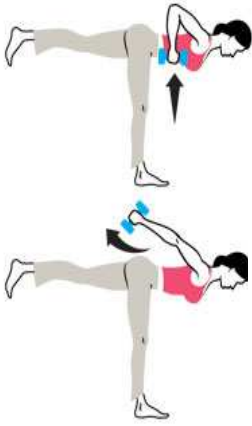
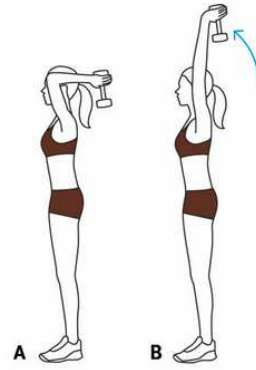


1.

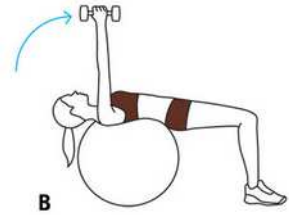
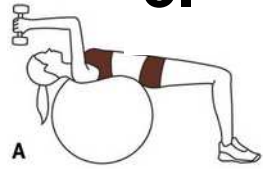


2.

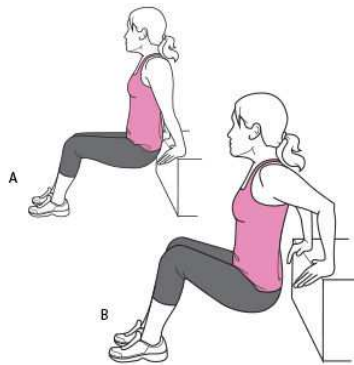


5 Exercises for **FLABBY ARMS**

3.



5.



4.