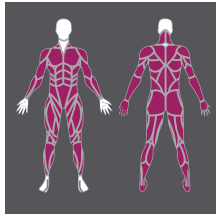


TROJAN™

CORE PERFORMER

MUSCLES TARGETED



BICEP CURL



STANDING BICEP CURL



DELTOID RAISE



BENT OVER TRICEP KICKBACK



UPWARD KICKS



EXERCISES

YOGA & PILATES 