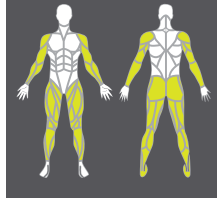


TROJAN™ RESISTANCE BANDS

MUSCLES TARGETED



UPRIGHT ROW



BICEP CURL



LUNGE INTO DELTOID RAISE



DELTOID RAISE



EXERCISES

STRENGTH
& TONING 