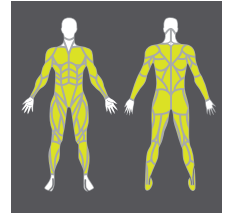


TROJAN™ TONING TUBES



BICEP CURL



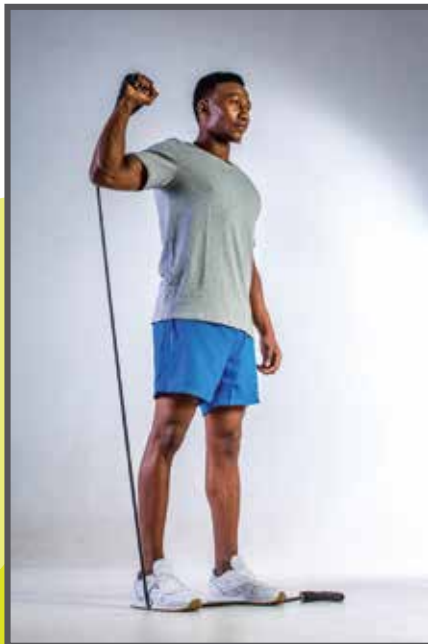
BICEP CURL INTENSIVE



LUNGE INTO DELTOID RAISE



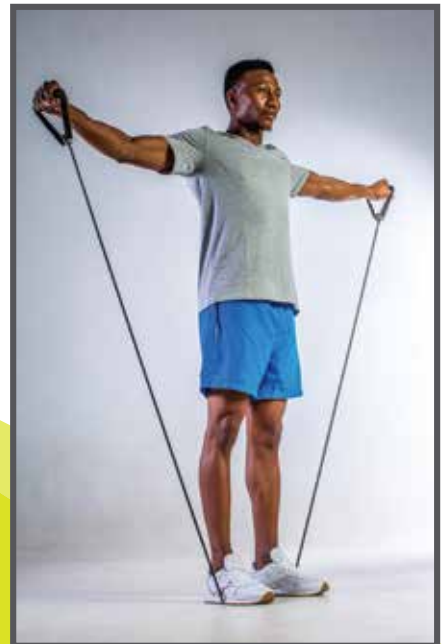
TRICEP EXTENSION



BICEP CURL



DELTOID RAISE



EXERCISES

STRENGTH
& TONING