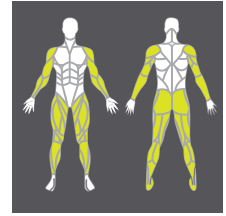
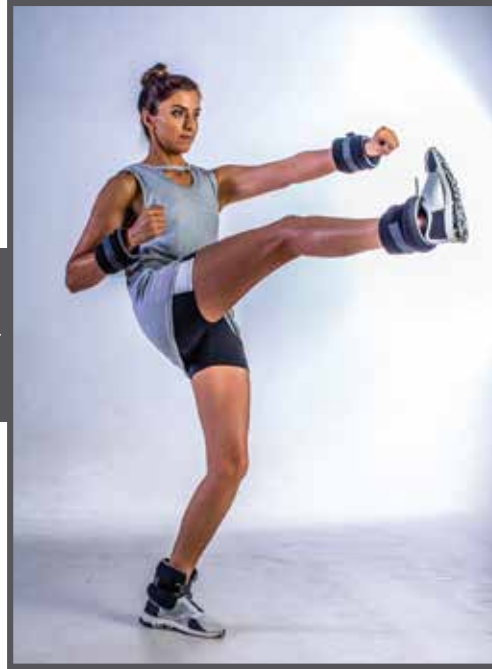


TROJAN™

ANKLE / WRIST WEIGHTS



FRONT KICK & PUNCH



GOBLET SQUAT



FORWARD LUNGE



EXERCISES

**STRENGTH
& TONING**