

Curls



15

Punch



15

Squats



20

Benchovers



20

Pullups



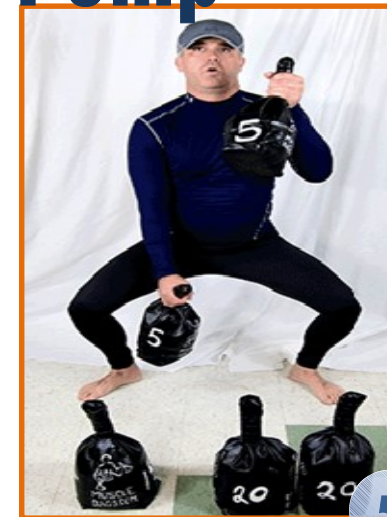
15

Punchups



15

Squat & Pump



5

Jog



5