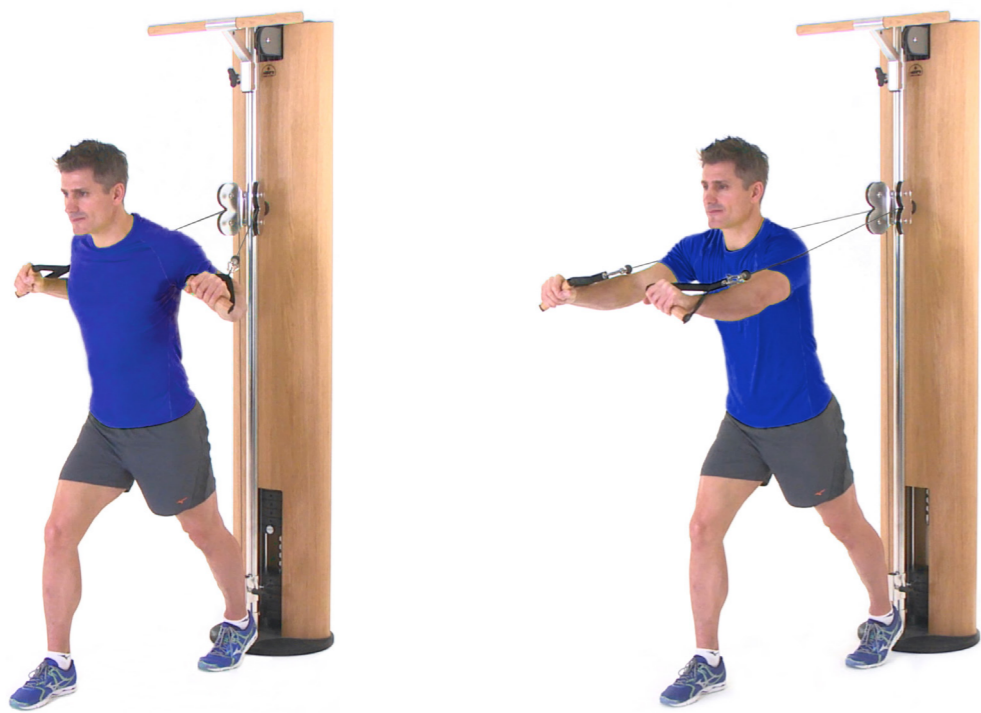




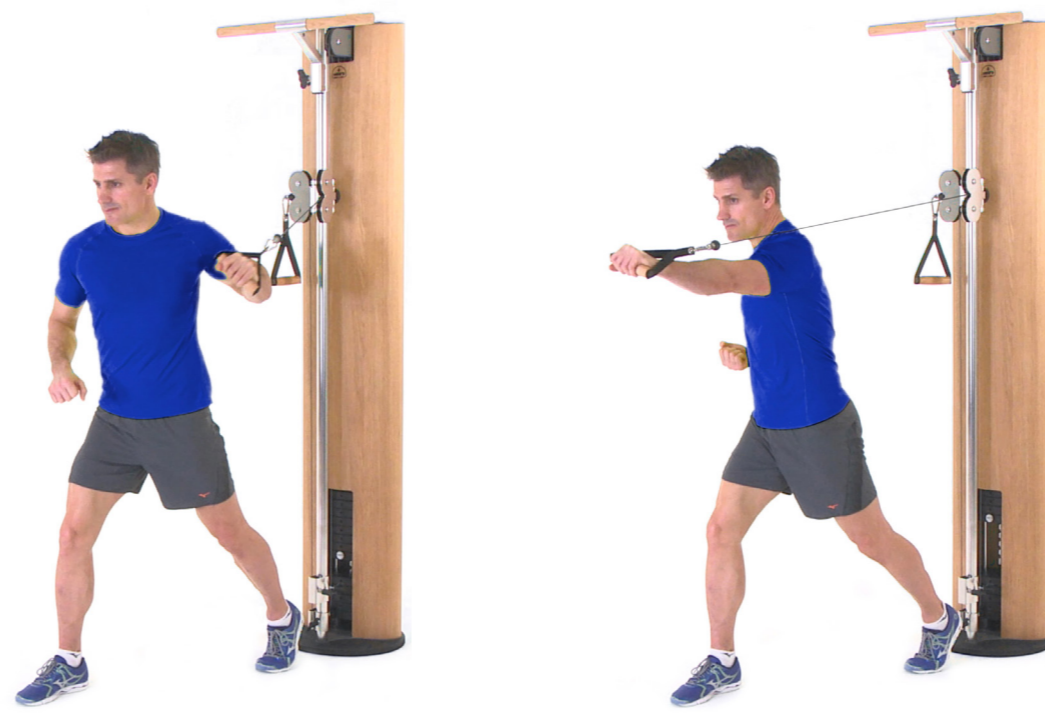
# SlimBeam Exercises



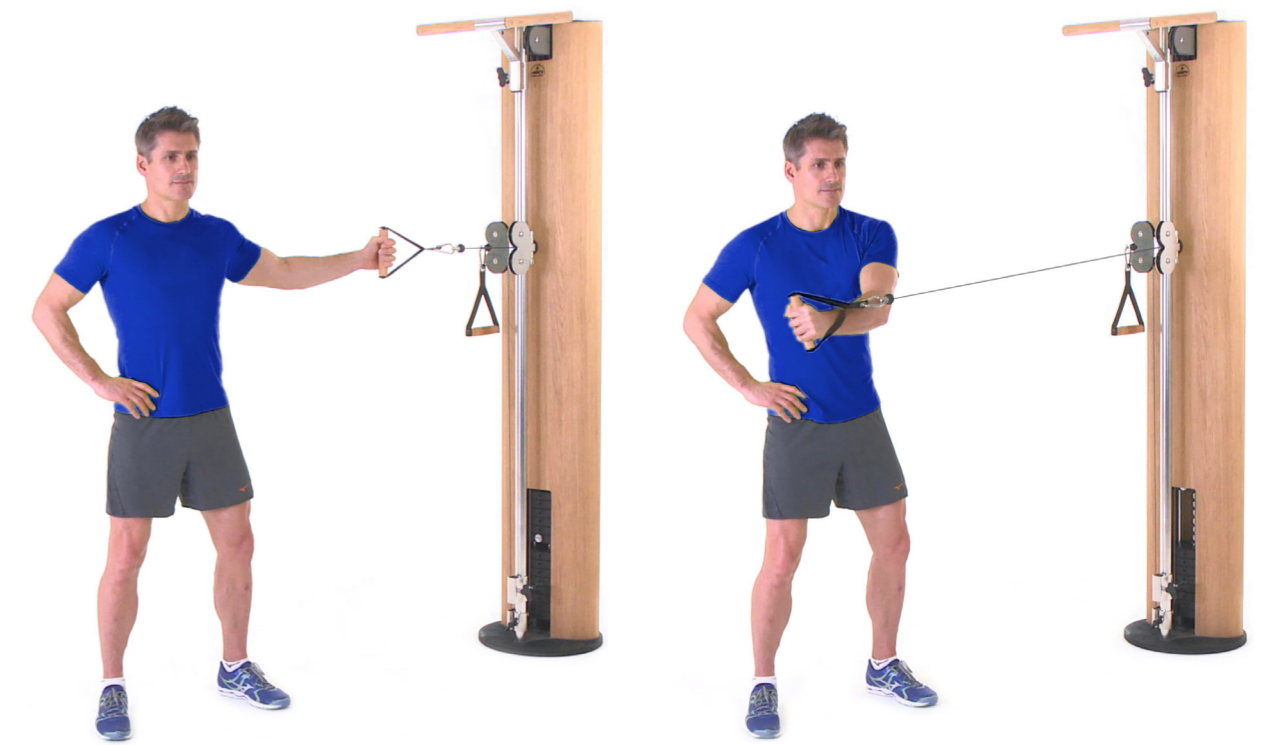
Chest Press



Chest Press One Arm



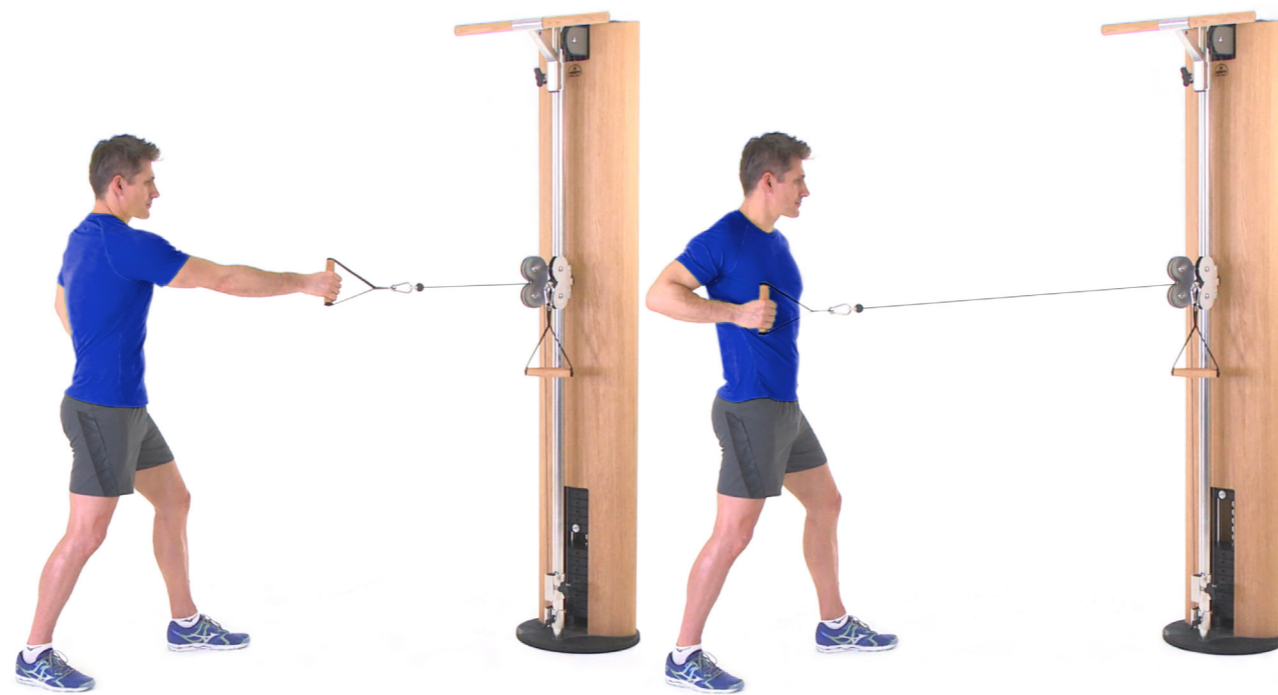
Flys One Arm



Biceps Curls



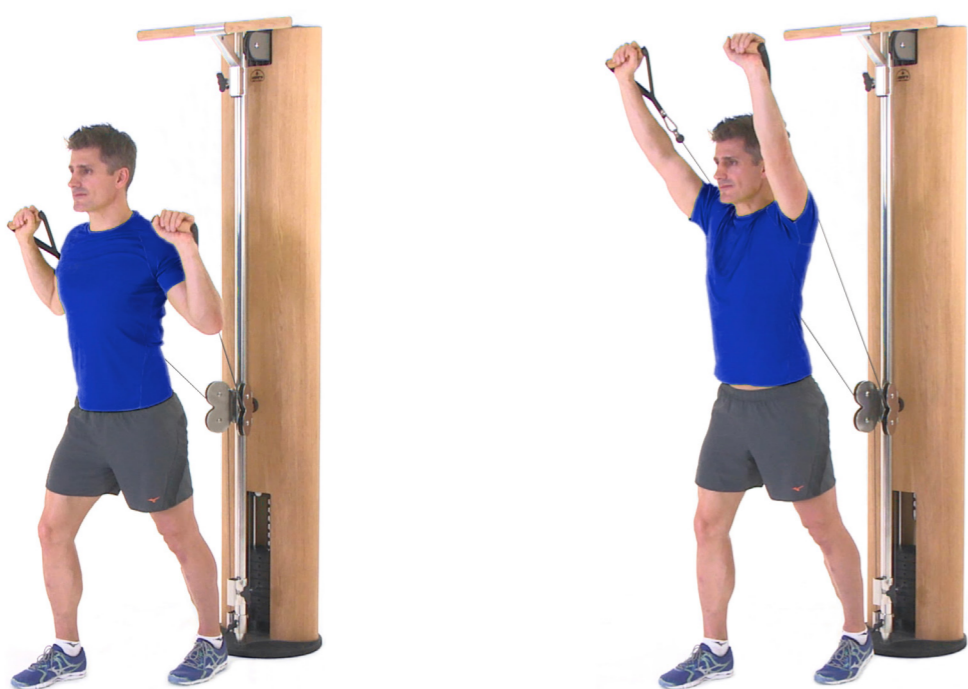
Rowing One Arm



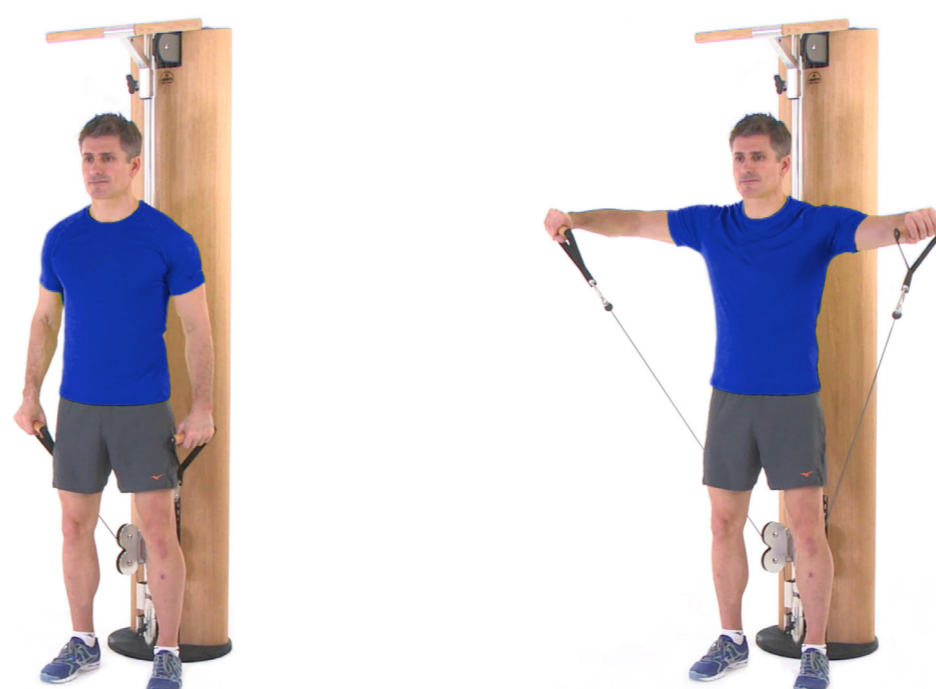
Rowing Standing



Shoulder Press



Shoulder Side Raise



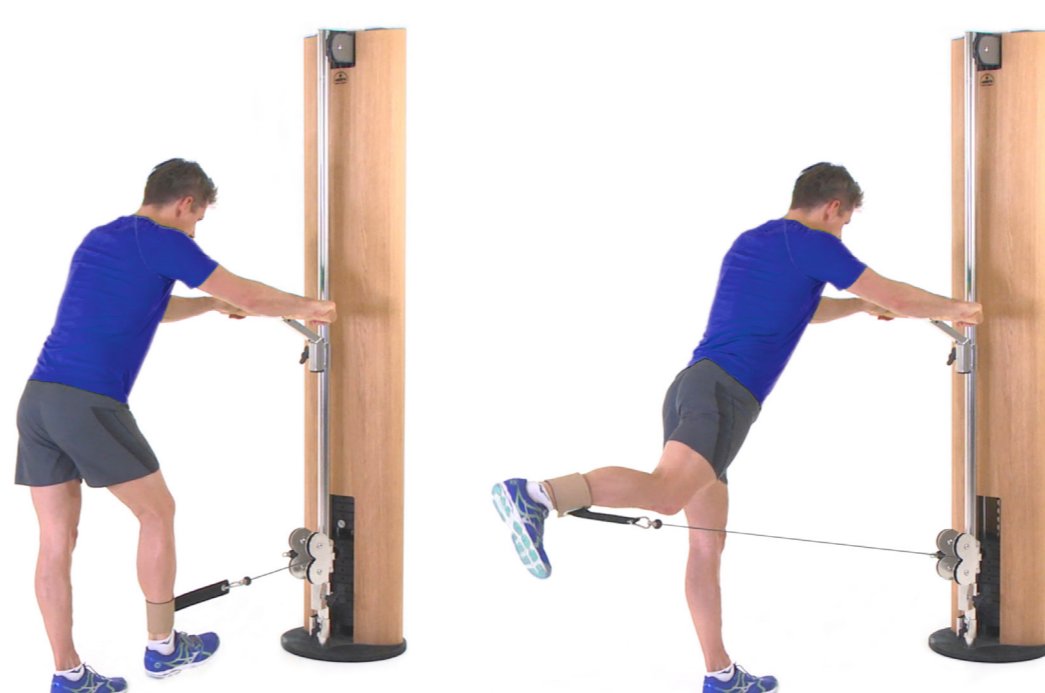
Diagonal Rotation



Abductor Kicks



Butt Kicks



Knees Up Hanging

