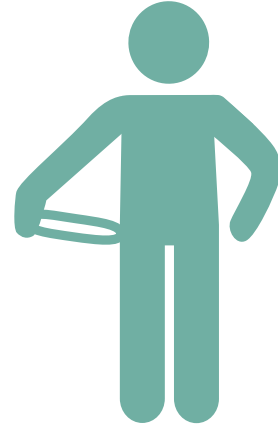


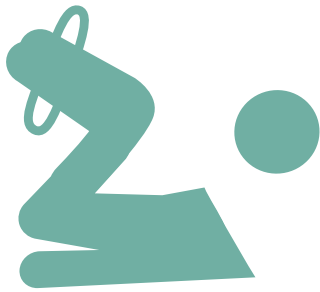
# PILATE RING WORKOUTS



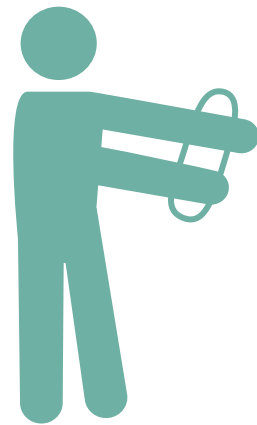
GLUTE BRIDGE



ARM SIDE PRESS



PILATES 100



CHEST PRESS



INNER THIGH SQUEEZE