

APJ Strength: 8 exercises

Twisty Ball Smacks



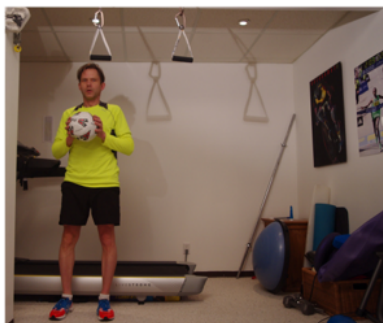
Split Squats



Twisty Push-ups

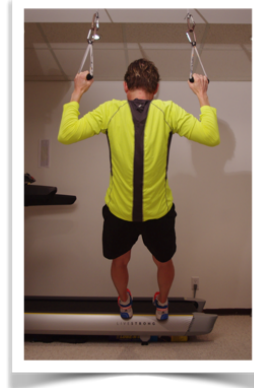
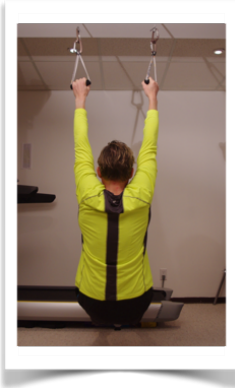


Lateral Lunges

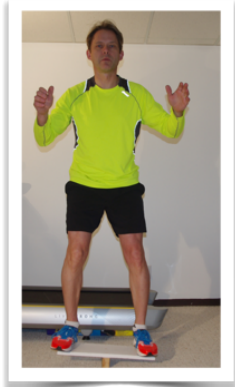


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Chin ups



Wobble Board Squats



Swiss Ball Back Extensions



Diagonal Stride Arms

