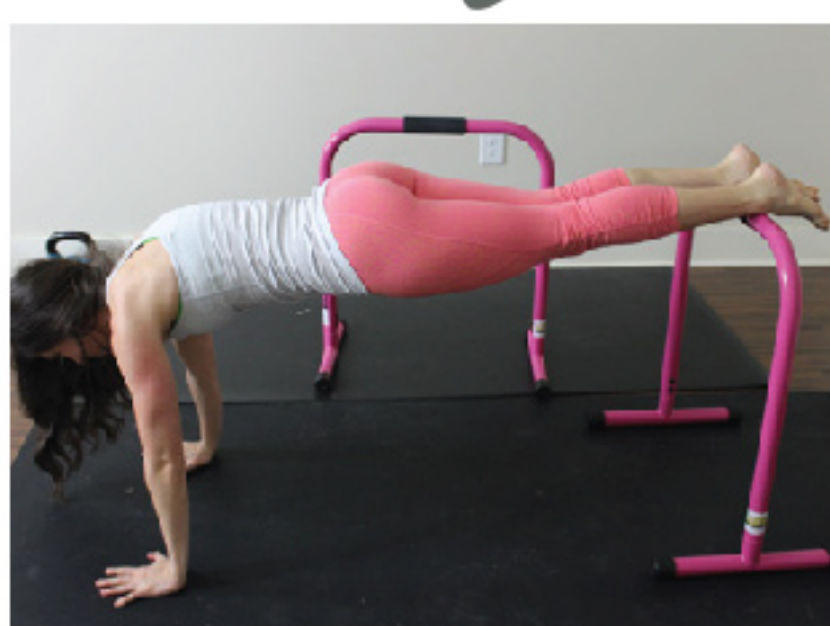




3 advanced equalizer moves

1 Tummy tucks - 10 reps



2 Pull ups with knee tuck - 10 reps



3 Inverted headstand - hold for 10 - 30 secs

