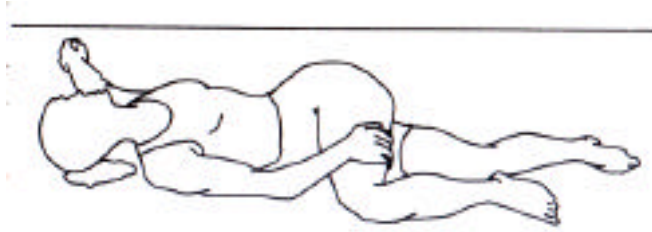
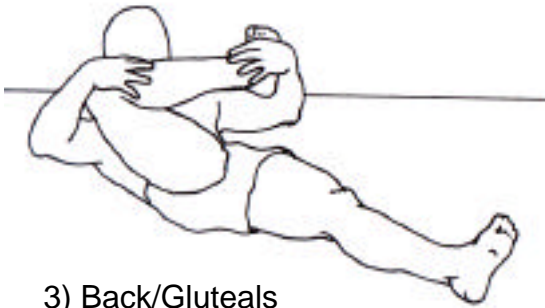




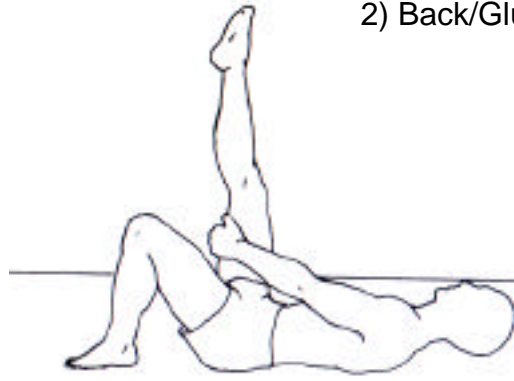
1) Hamstring



2) Back/Gluteals



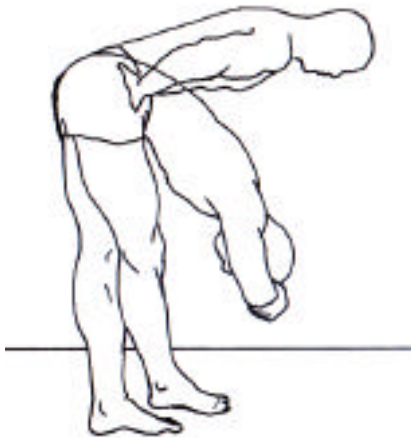
3) Back/Gluteals



4) Hamstring



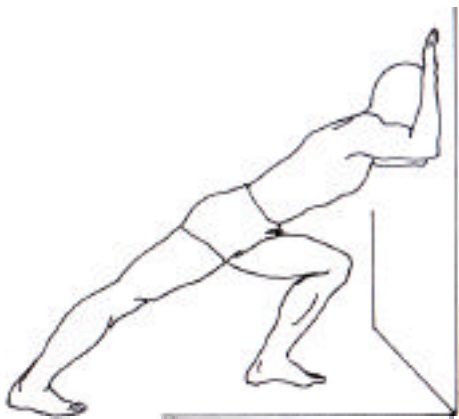
5) Groin



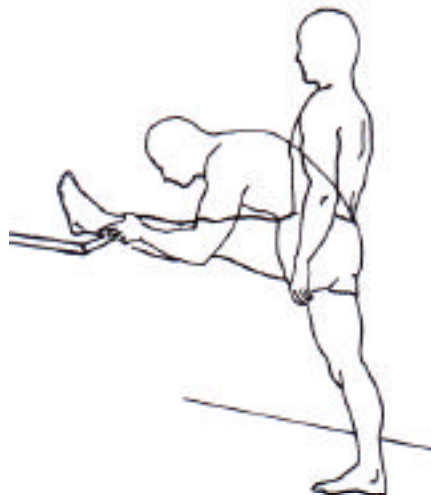
6) Hamstring



6b) Hamstring (variation)



7) Calves



8) Hamstring



9) Quads