



NOHRD Sling Exercises



Press Ups



Tricep Press



Superman



Twisted Knee Plank



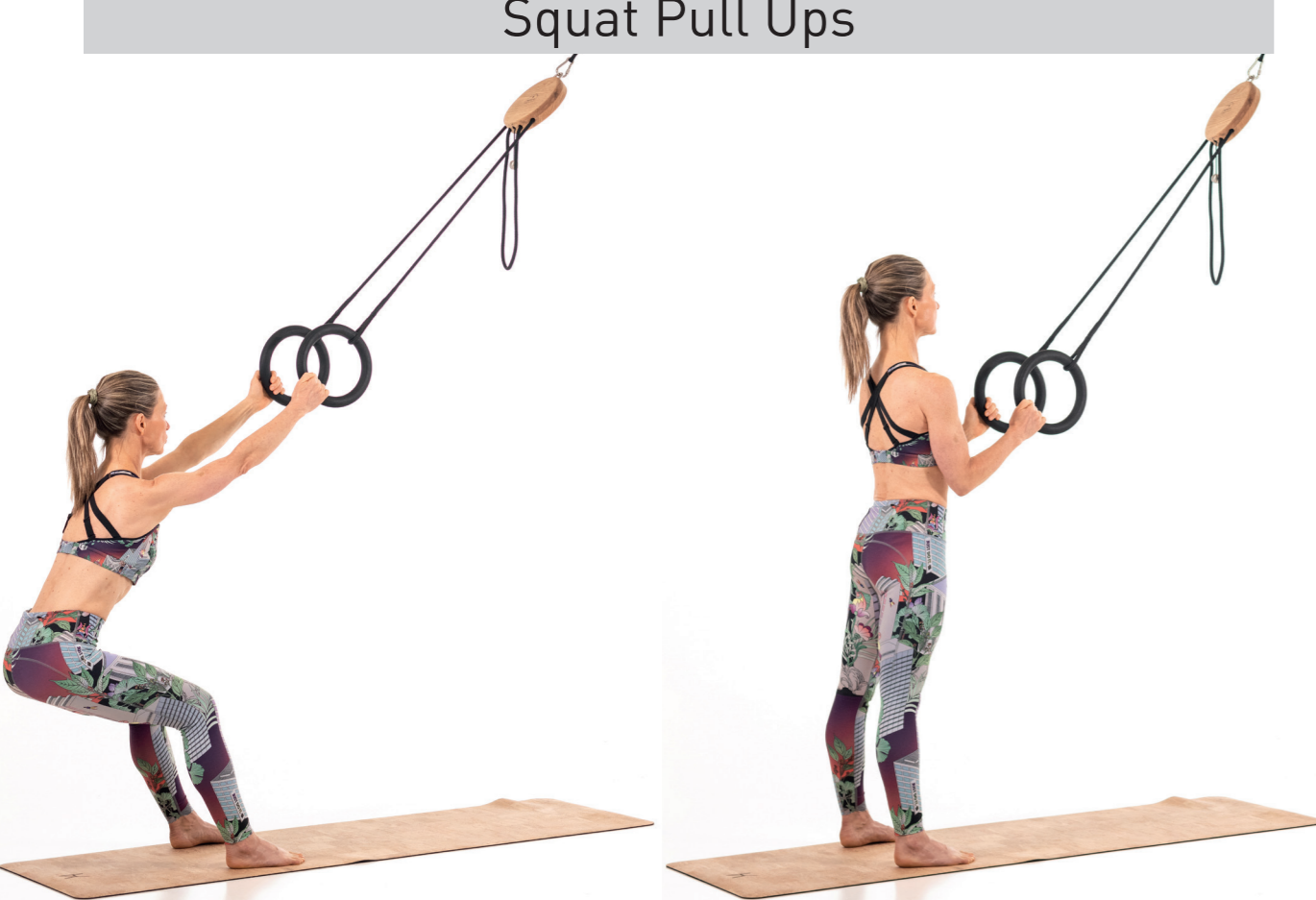
Push Ups



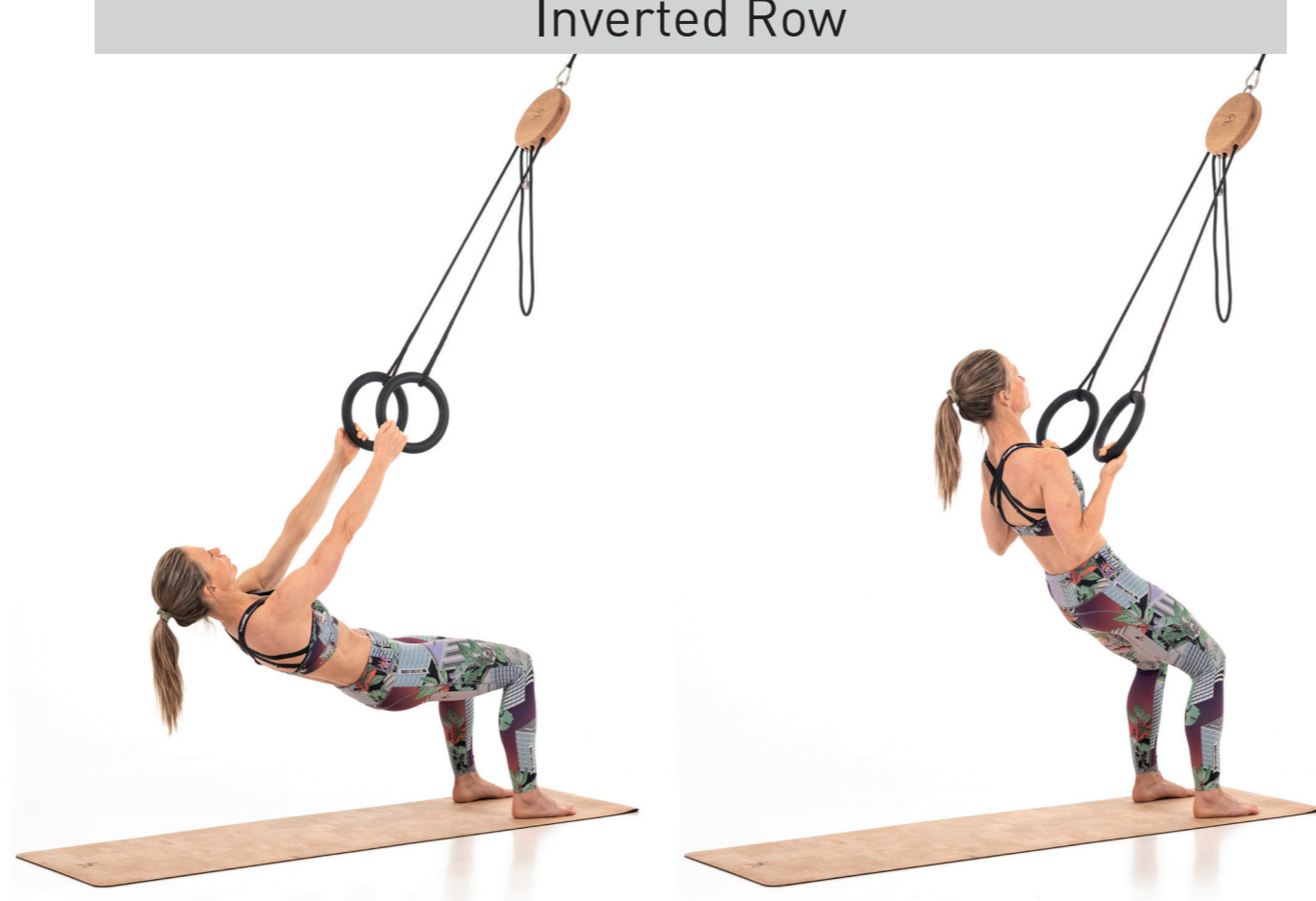
Knee Plank



Squat Pull Ups



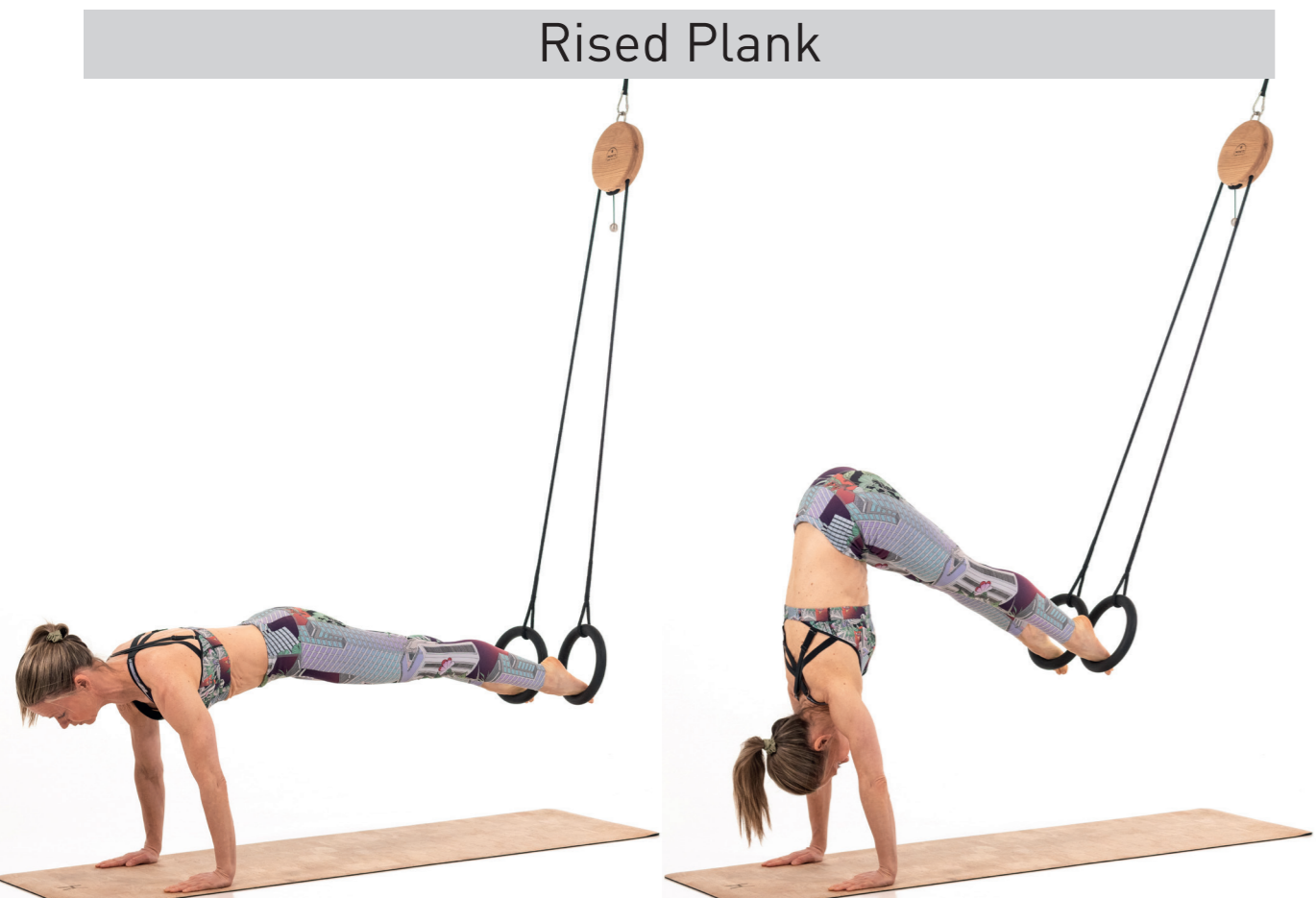
Inverted Row



Pull Ups



Rised Plank



Fly Lunges



Ab Roll Out

