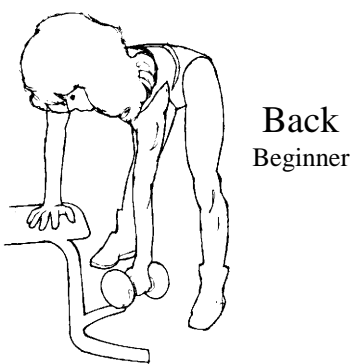
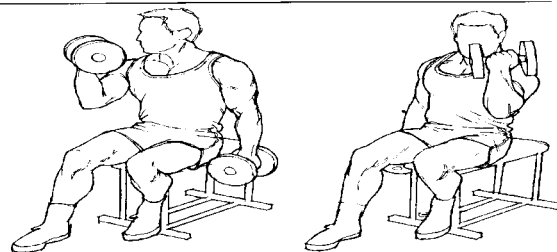
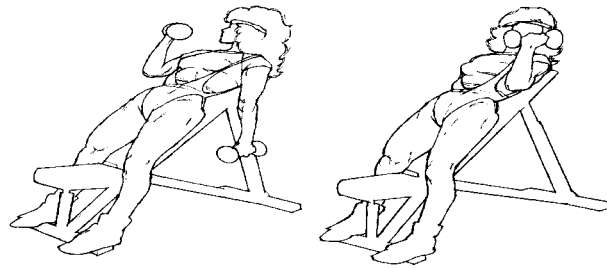
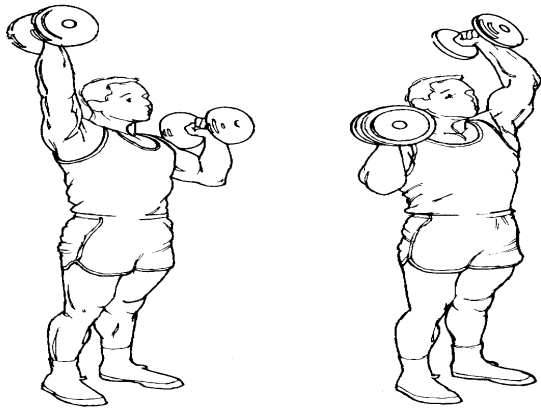
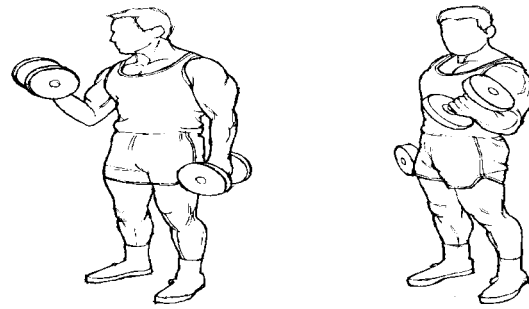
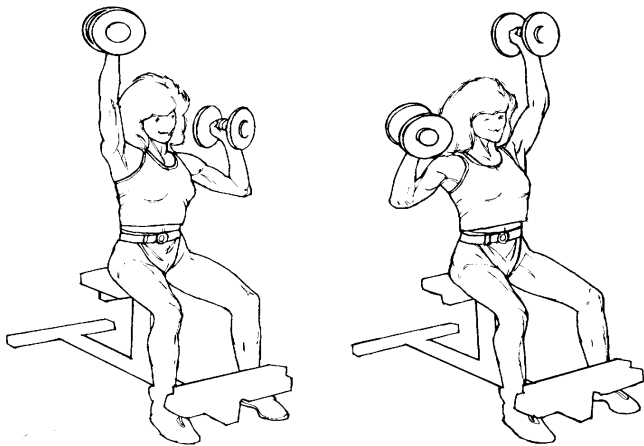
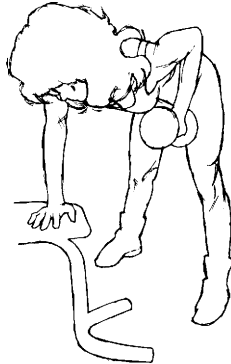


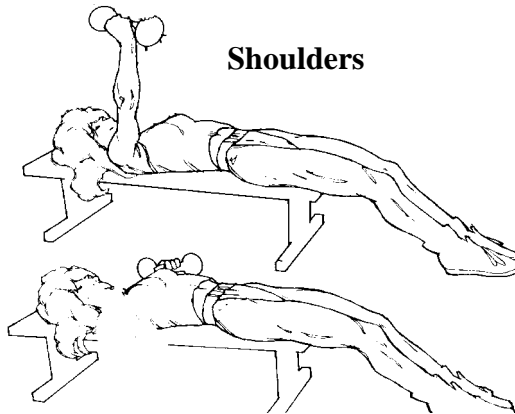
# Upper Body Cross Reflex Exercises



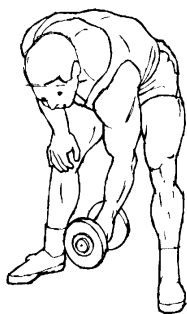
Back  
Beginner



Shoulders



Back  
Advanced



Triceps  
Advanced

