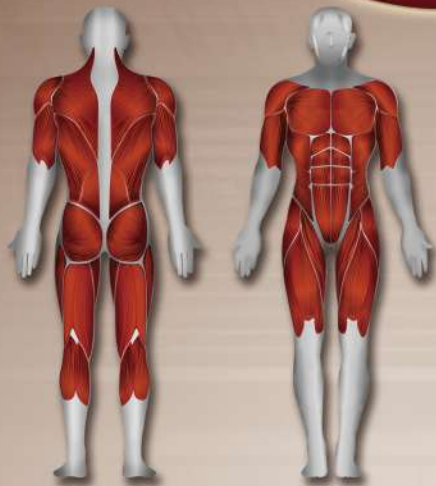




STEEL MIND FLEX BODY

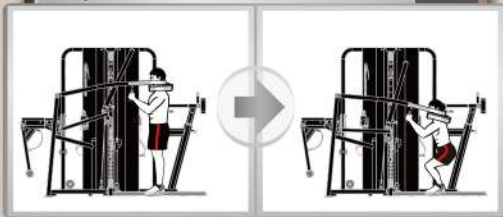


VIDEO

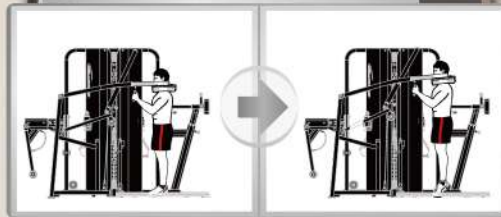


SPEC

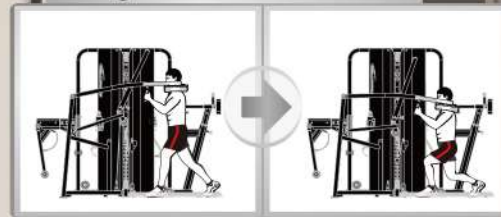
Squat



Calf Raise



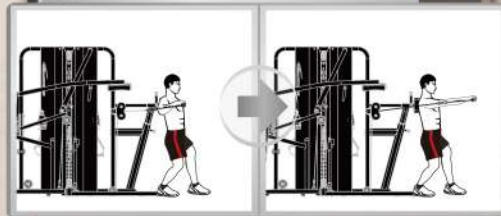
Lunge



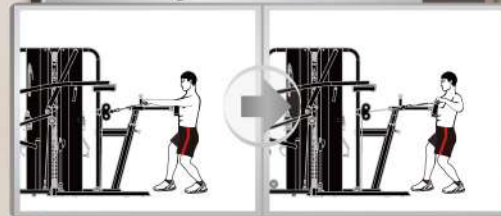
Fly



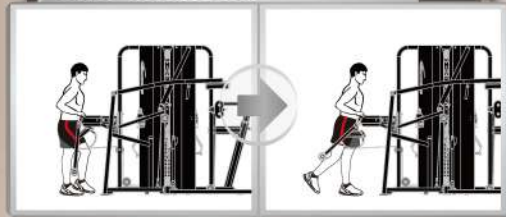
Chest Press



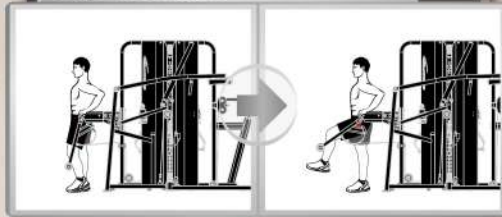
Standing Row



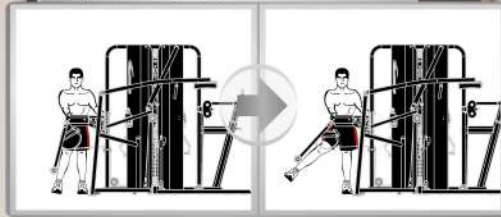
Hip Extension



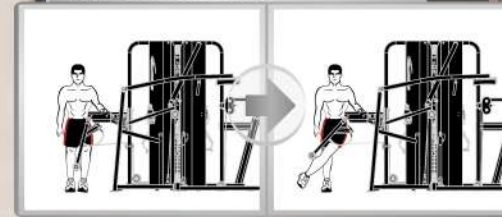
Hip Flexion



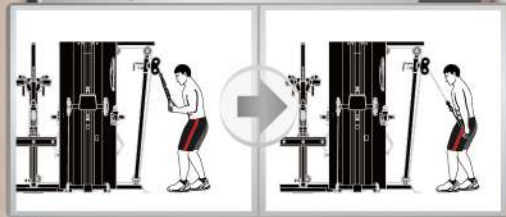
Hip Abduction



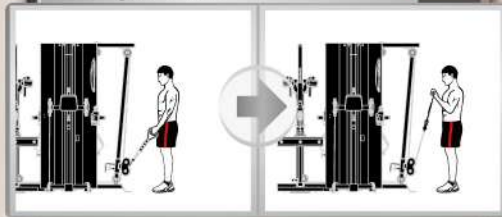
Hip Adduction



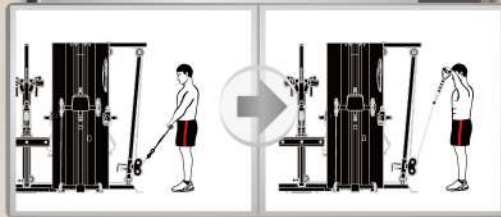
Triceps Pushdown



Biceps Curl



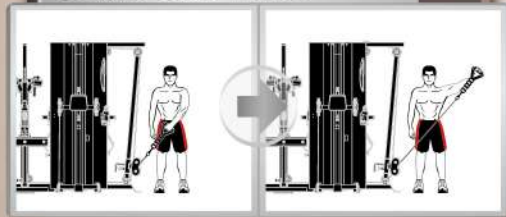
Side Raise



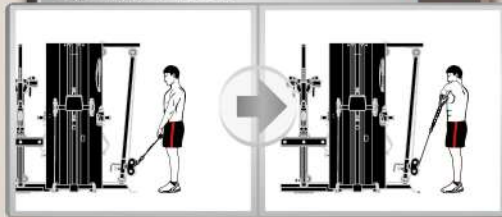
Shoulder Press



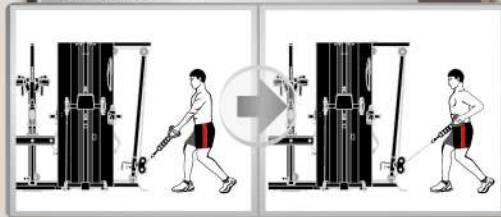
Single Side Raise



Upright Row



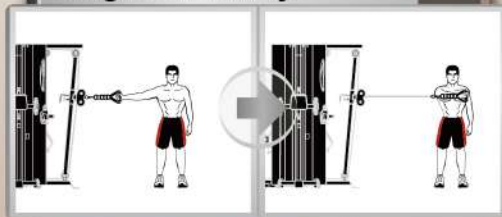
Single Row



Reverse Fly



Single Chest Fly



Chest Press

