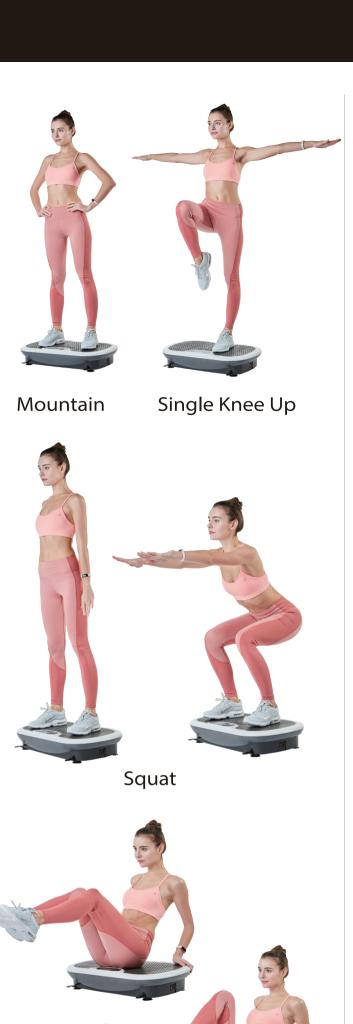


Exercise Guide



WONDER

ROCK N FIT EXERCISE GUIDE







Bridges



Side to Side Rock Front & Back Rock



Scissor Kicks



Elevated Bridge



Plank



Seated Shoulder Press with Bands



Standing Lateral Shoulder Raise with Bands



Tricep Extensions with Bands



Alternating Bicep Curls with Bands