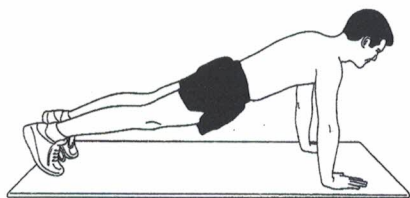
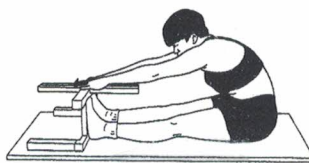


Push-up



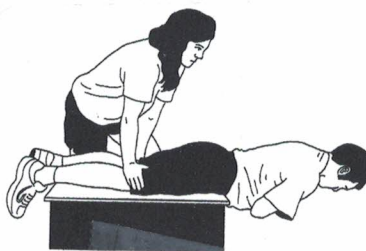
Sit and Reach



Grip Strength



Back Extension



One-leg Stance

