

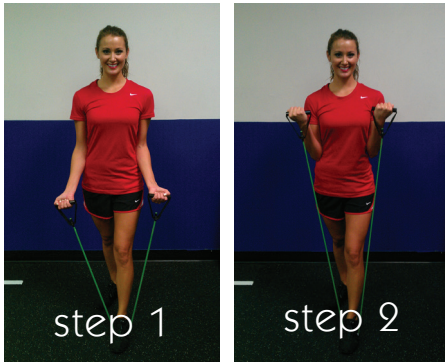
# On-the-Road Essential Workout

WHAT YOU  
WILL NEED

Resistance  
Tube



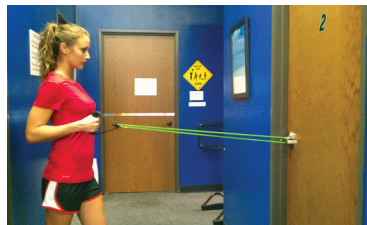
Chair



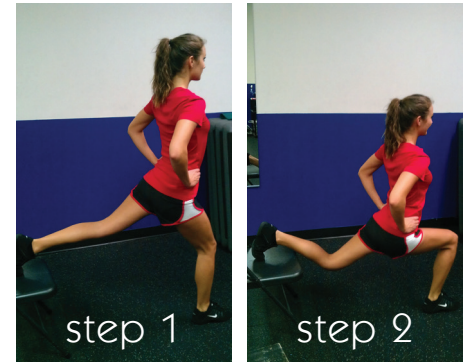
BICEP CURLS

## RESULTS

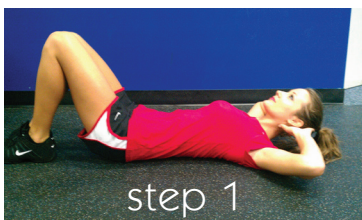
Fitness and Nutrition Center



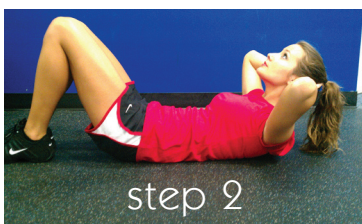
ONE  
ARM ROW



LUNGES

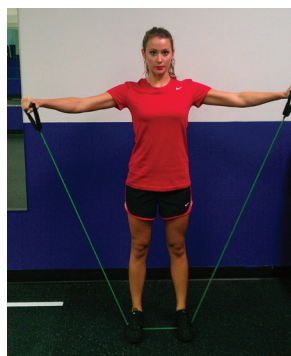


step 1

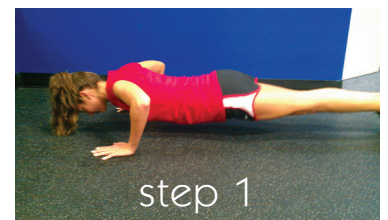


step 2

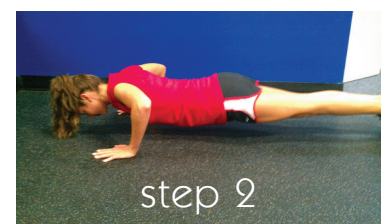
CRUNCHES



SIDE  
LATERAL  
RAISE



step 1



step 2

PUSH UPS