

Date (2022)						
1.Squat						
2.Bench Press						
3.Side Bend						
4.Sit-ups						
5.Ankle Strength						

Date (2022)						
1.Deadlift						
2.Pull-down						
3.JM Presses						
4.Leg lift						
5.Wrist Curl						

Date (2022)						
1.Lunge						
2.Shoulder Press						
3.SL Deadlift						
4.Sit-ups						
5.Neck Strength						