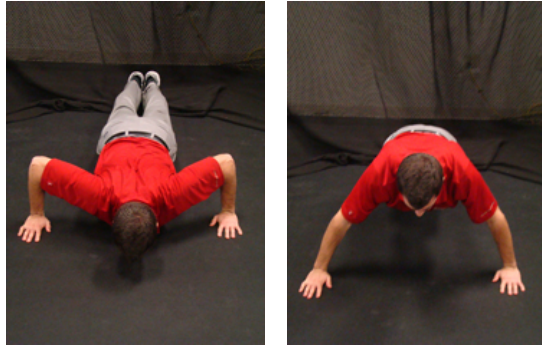


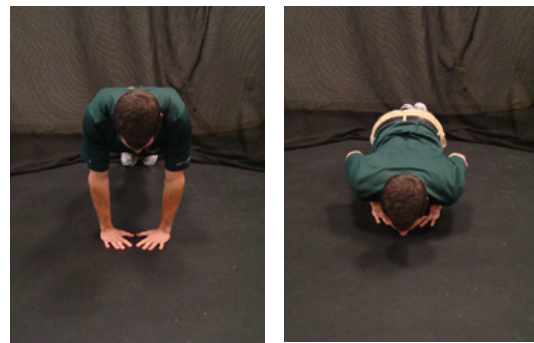


## Upper Body Strength Matrix

### 10 Wide Push-ups



### 10 Diamond Push-ups



### 10 Plyometric Push-ups



### 5 Dive Bomber Push-ups

