

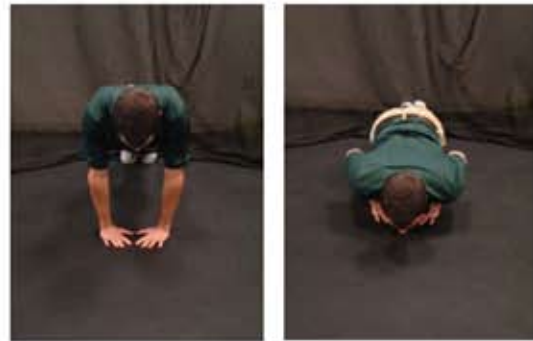


Upper Body Strength Matrix

10 Wide Push-ups



10 Diamond Push-ups



10 Plyometric Push-ups



5 Dive Bomber Push-ups

