

Easy Read Sample

JB PAL – POWER ABILITY LEARN

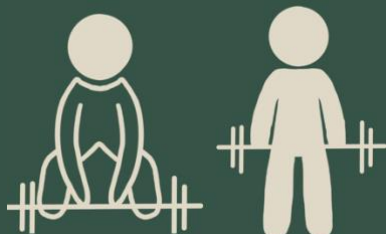
1 2 	Donkey Kick
1 2 	Body Weight Squat
1 2 	Lunges

1 2 3



Step Over

1 2



Barbell Deadlift

1 2



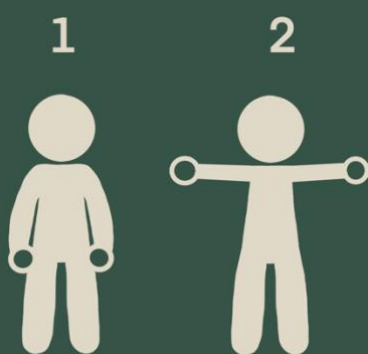
Lateral pulldown



Dumbbell shoulder press



Dumbbell row



Lateral raises