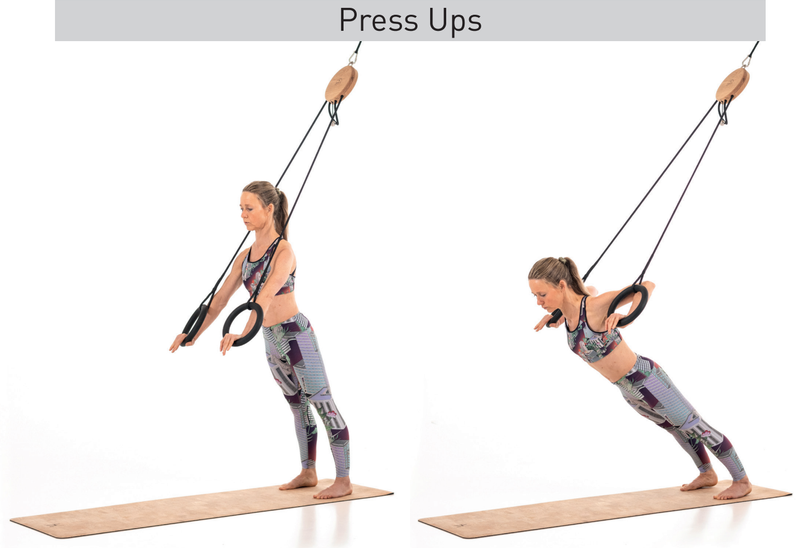
NOHrD
SPORT IN STYLE

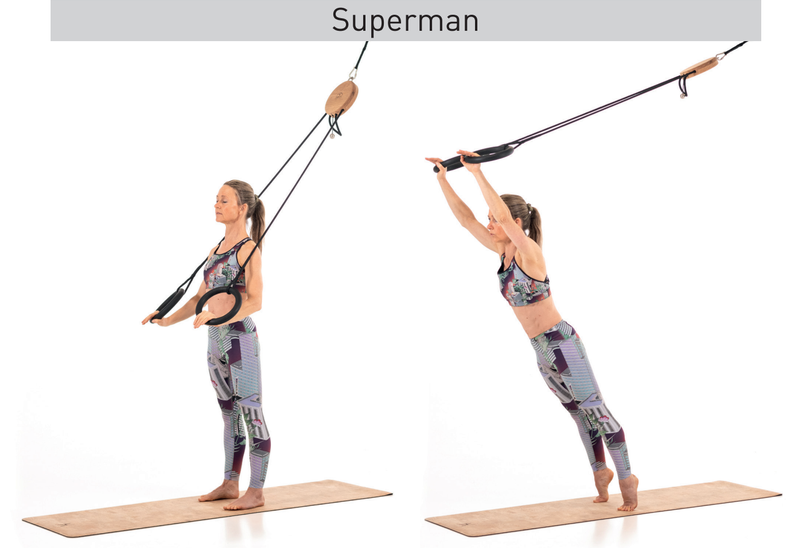
NOHrD Sling
Exercises

Press Ups



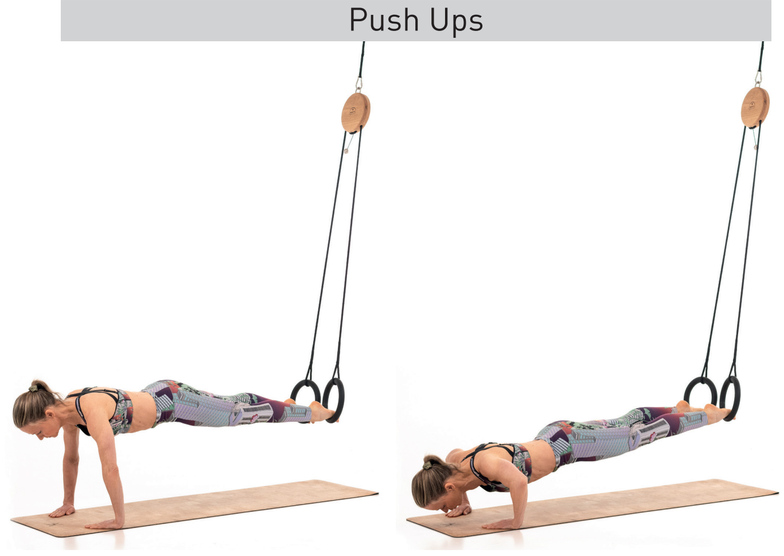
Tricep Press

Superman



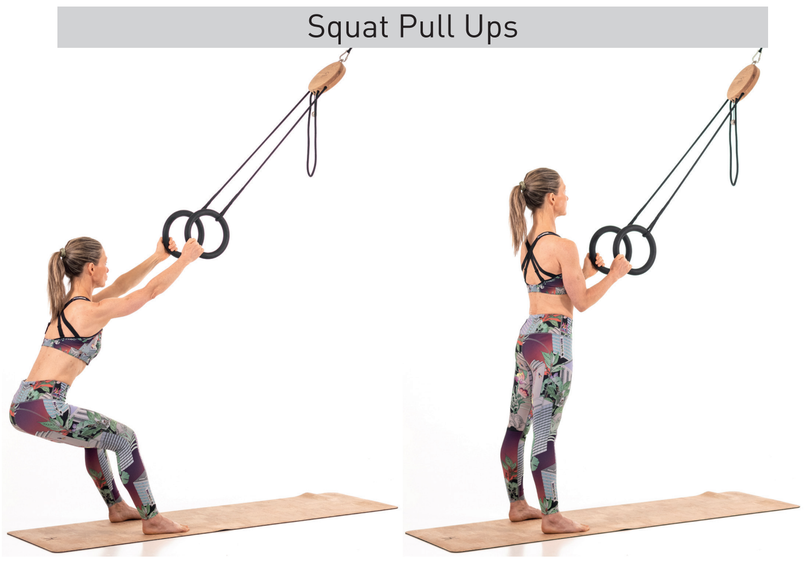
Twisted Knee Plank

Push Ups

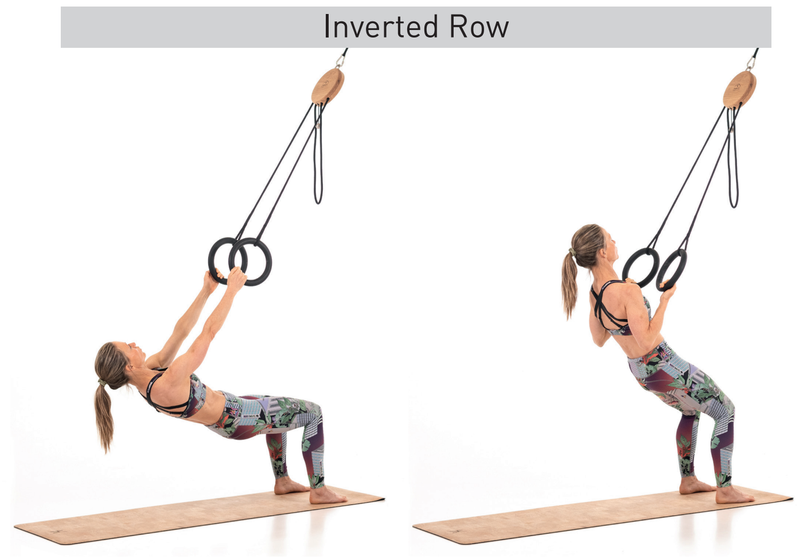


Knee Plank

Squat Pull Ups

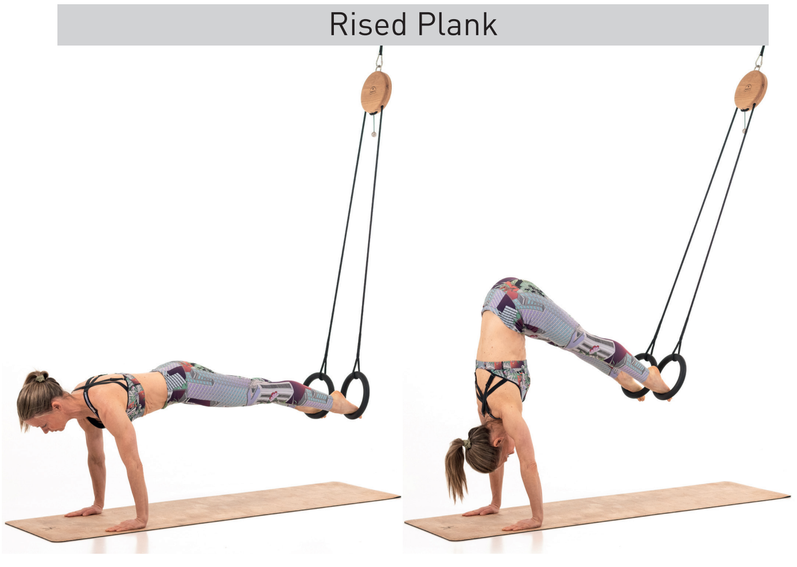


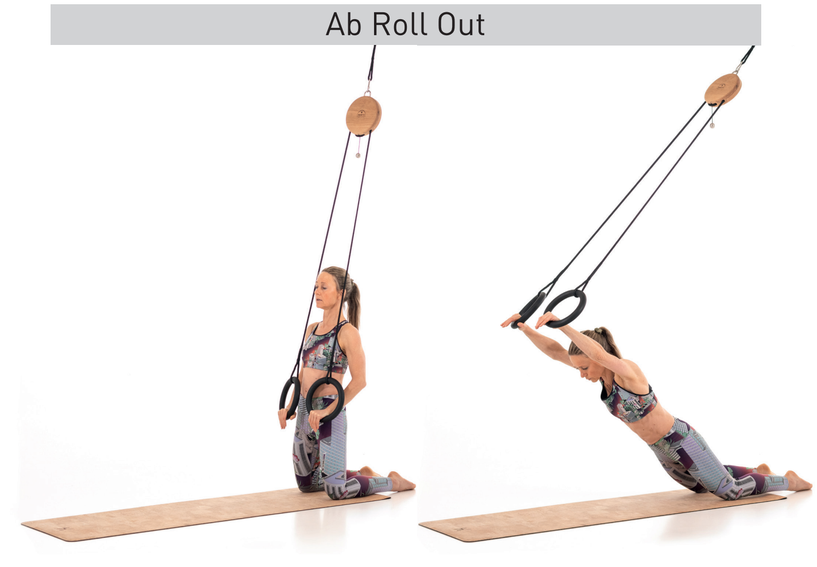
Inverted Row



Pull Ups

Rised Plank



Fly Lunges

Ab Roll Out