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1. Two figures sitting on chairs, pulling a horizontal bar down towards their knees.

2. Two figures sitting on chairs, pulling a horizontal bar down towards their knees, with one figure's arms crossed.

3. Two figures sitting on chairs, pulling a horizontal bar down towards their knees, with one figure's arms crossed.

4. Two figures performing a forward bend, reaching their hands towards their feet.

5. Two figures performing a forward bend, reaching their hands towards their feet, with one figure holding a barbell.

6. Two figures performing a forward bend, reaching their hands towards their feet, with one figure holding a barbell.

7. Two figures lying on their backs on a bench, performing a back extension exercise.

8. Two figures lying on their backs on a bench, performing a back extension exercise, with one figure's arms extended forward.

1. Two seated figures on a bench. The left figure is in a starting position with dumbbells at shoulder height. The right figure is in the final position with dumbbells raised overhead.

2. Two standing figures. The left figure is in a starting position with dumbbells at shoulder height. The right figure is in the final position with dumbbells raised overhead.

3. Two standing figures. The left figure is in a starting position with a dumbbell at the ankle. The right figure is in the final position with the dumbbell raised overhead.

4. Two standing figures. The left figure is in a starting position with a dumbbell at the ankle. The right figure is in the final position with the dumbbell raised overhead.

5. Two standing figures. The left figure is in a starting position with dumbbells at the ankles. The right figure is in the final position with dumbbells raised overhead.