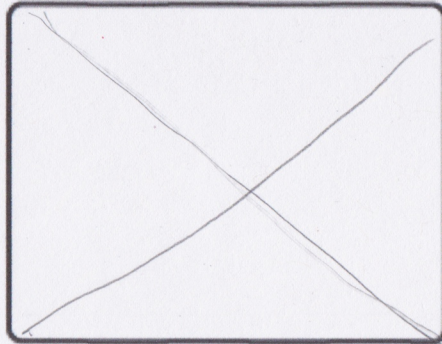
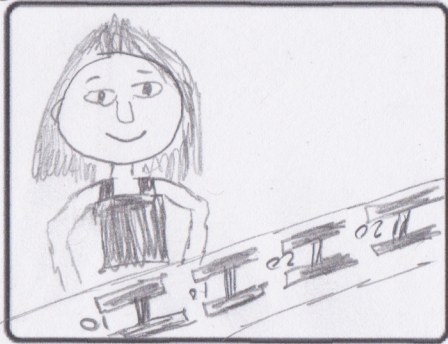


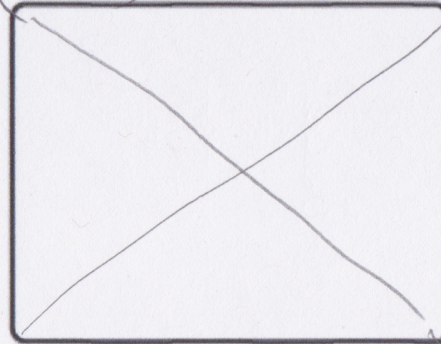
8.



Sally places the dumbbells back on the rack. She is very happy she learned →

how to use the dumbbells for tricep extensions. She feels more confident.

(9-18)



Repeat 3-7 for elliptical machine & leg extension machine.

19.



Sally leaves the gym with a sense of accomplishment and confidence.

