



A3 FITNESS BY PIVOTAL HEALTH SOLUTIONS WHOLE BODY VIBRATION

BEGINNER

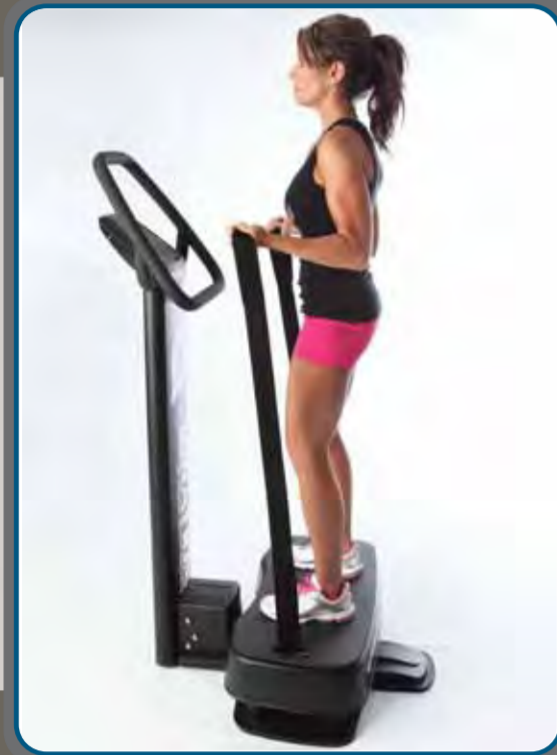
INTERMEDIATE

ADVANCED

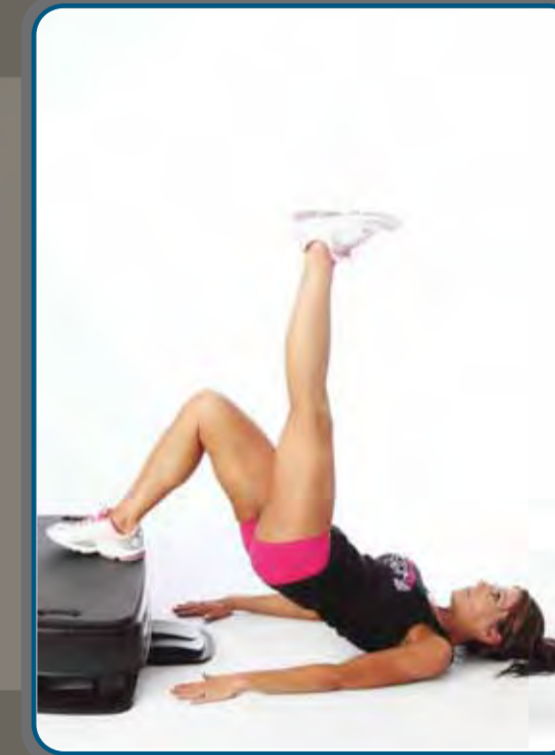
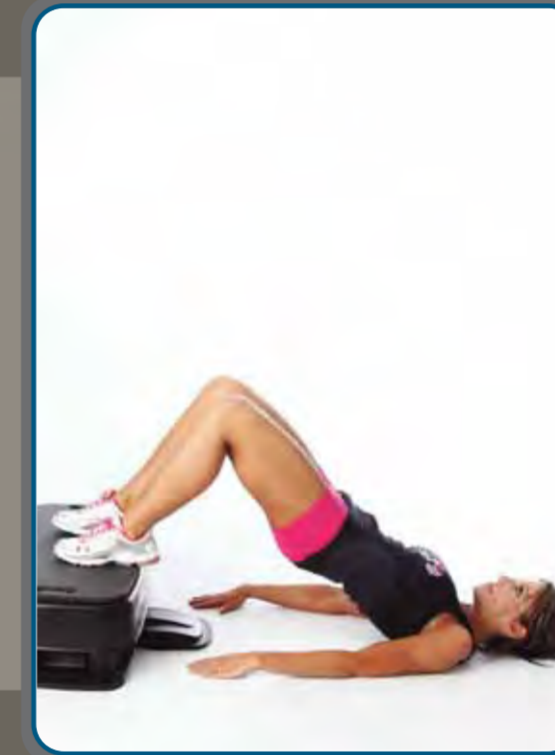
LEGS



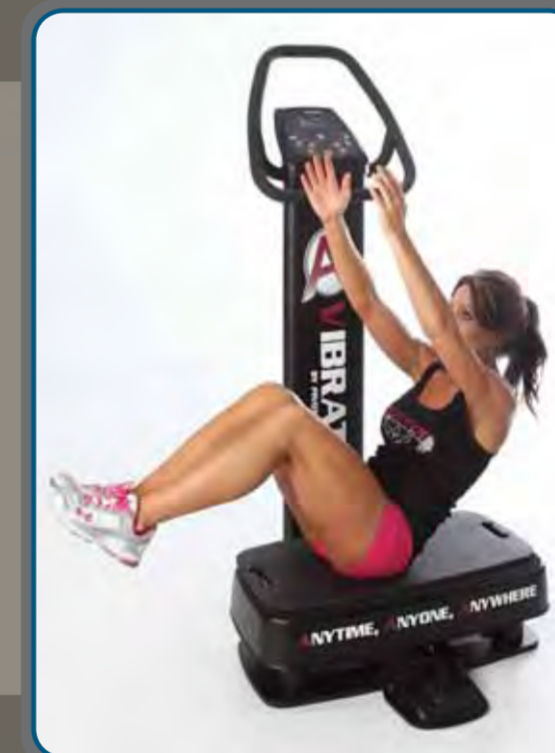
ARMS



HIPS & GLUTES



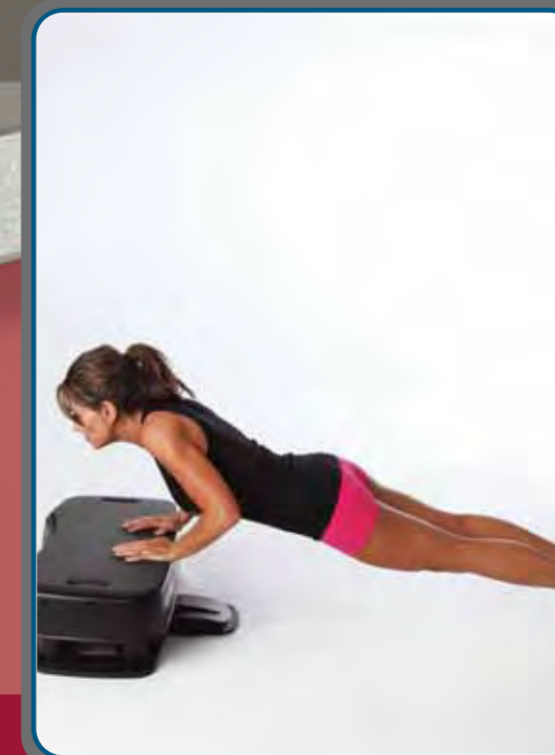
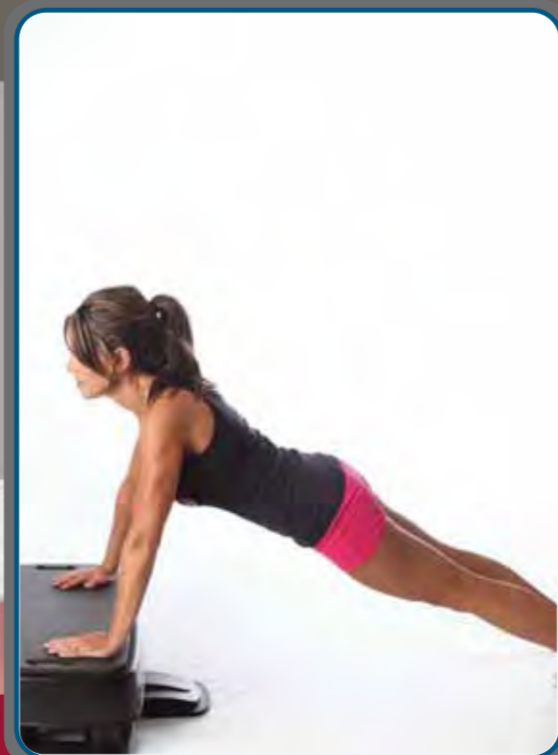
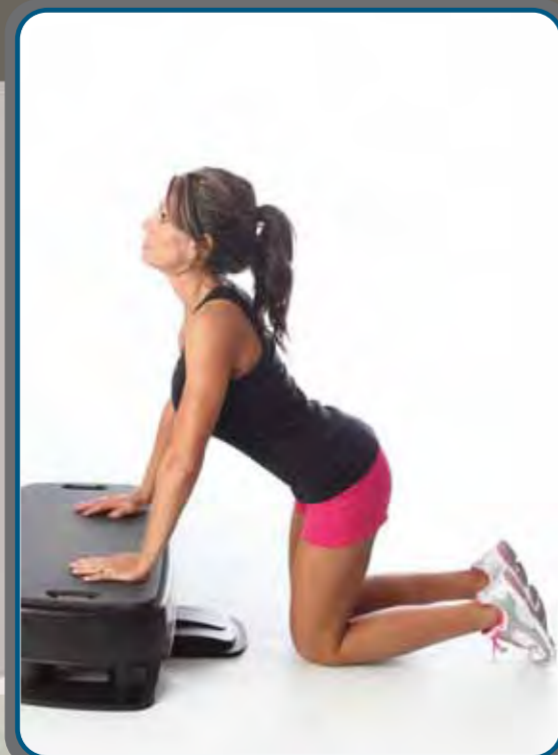
ABS



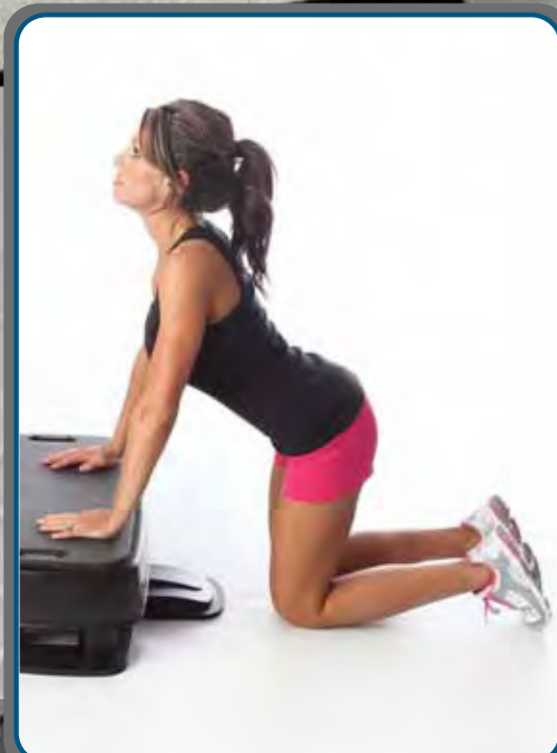
UPPER BODY



CHEST



BACK

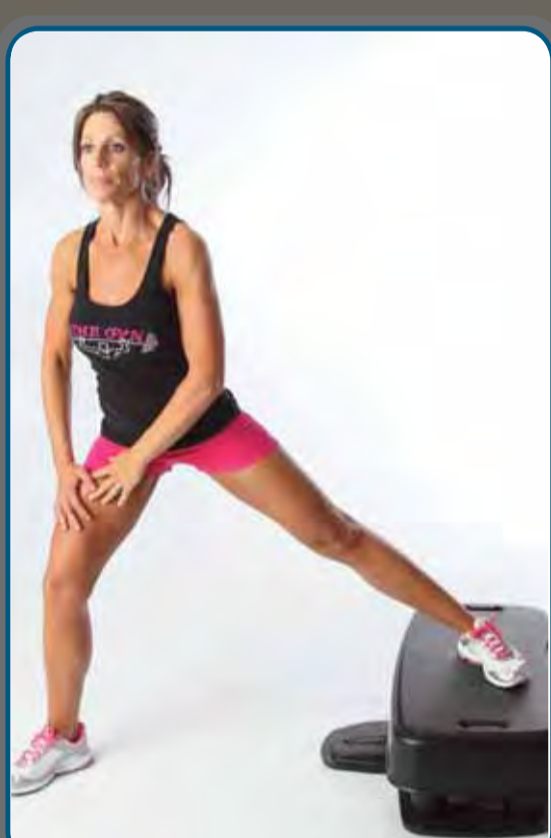




WHOLE BODY VIBRATION

A3 FITNESS
BY PIVOTAL
HEALTH SOLUTIONS

STRETCHING LOWER BODY



STRETCHING UPPER BODY

