

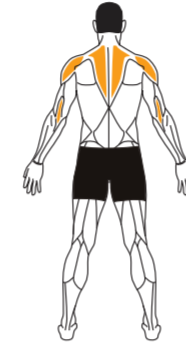
These are just some of the many exercise possibilities for the spacegym. Head over to [www.spacegym.club](http://www.spacegym.club), where we will regularly post exercise videos, workout sessions as well as tips & tricks on our constantly growing platform.



**SINGLE ARM LATERAL SIDE RAISE**



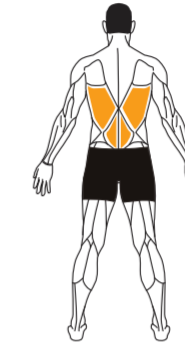
**SINGLE ARM PRESS**



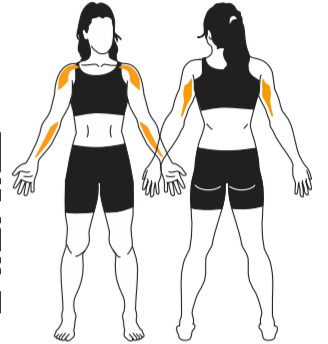
**DEAD LIFT CORE TWIST**



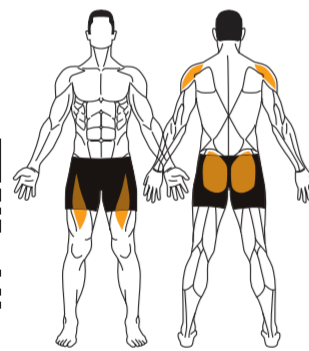
**DEAD LIFT**



**SINGLE ARM TRICEP EXTENSIONS**



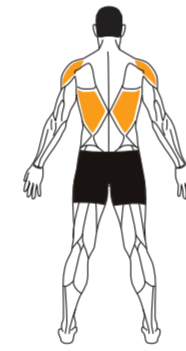
**FRONT GRIP**



**MILITARY PRESS**



**PUSH PRESS**



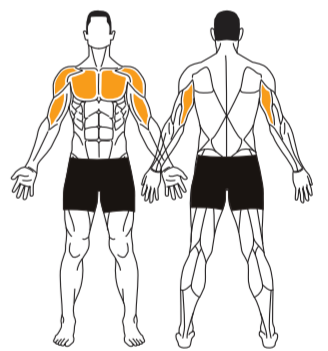
**STRAIGHT ARM LIFT**



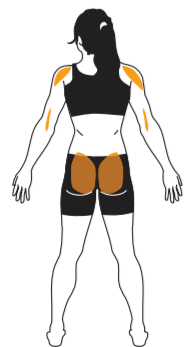
**KETTLEBELT SWING**



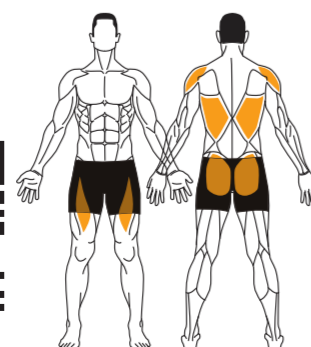
**ELIAS SWING**



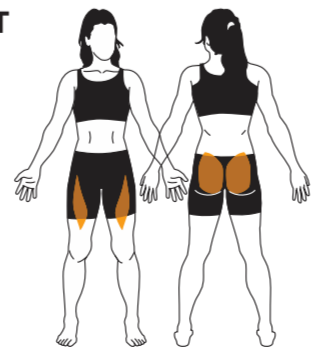
**DEAD LIFT TO HIGH PULL**



**CORE TWIST**



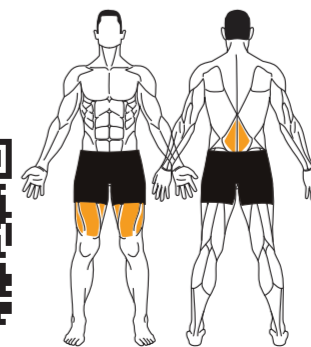
**FRONT SQUAT**



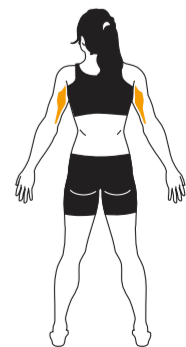
**STANDING TRICEPS EXTENSION**



**ROMANIAN DEAD LIFT VARIATION**



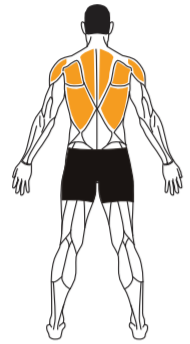
**TRICEPS EXTENSION**



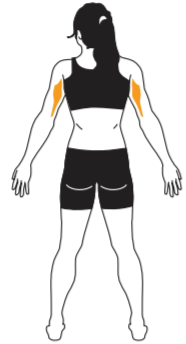




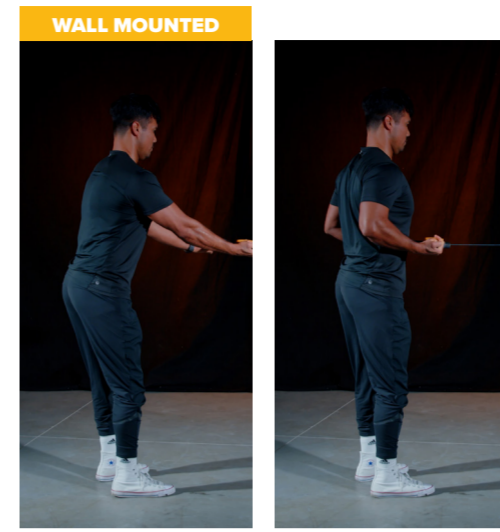
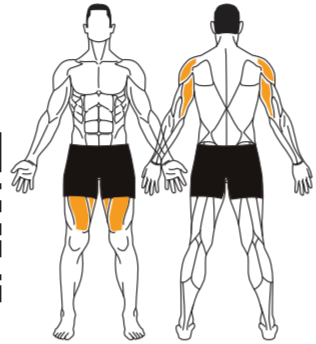
BENT OVER ROW



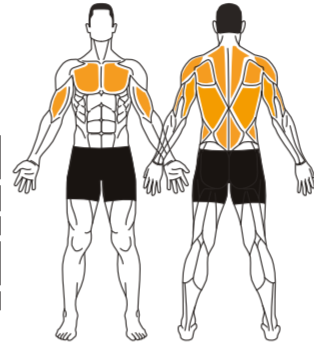
OVERHEAD TRICEP EXTENSION I



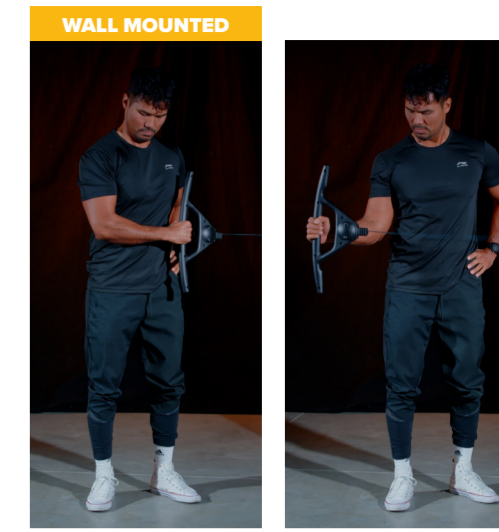
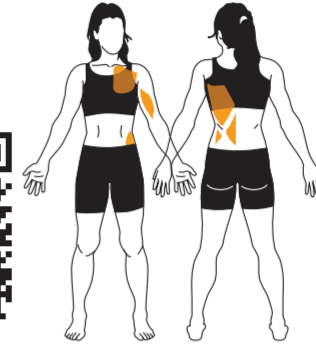
OVERHEAD TRICEP EXTENSION II



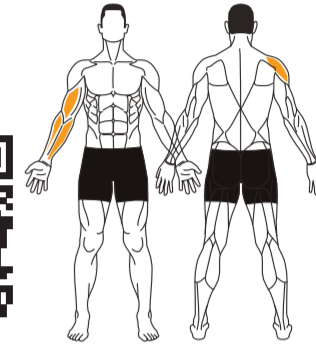
STANDING ROW II



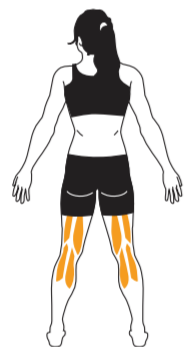
SINGLE ARM KNEELING ROW



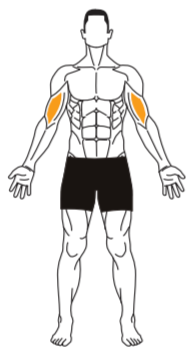
ROTATOR CUFF EXTERNAL



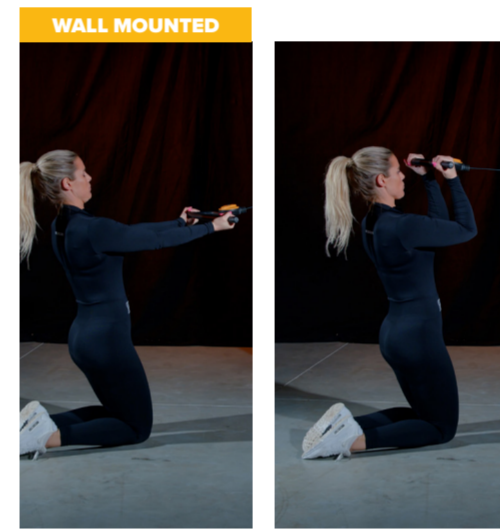
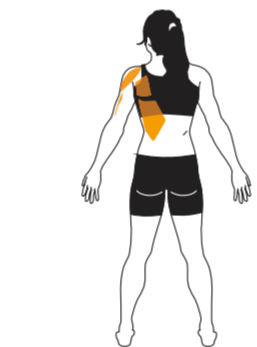
ROMANIAN DEAD LIFT



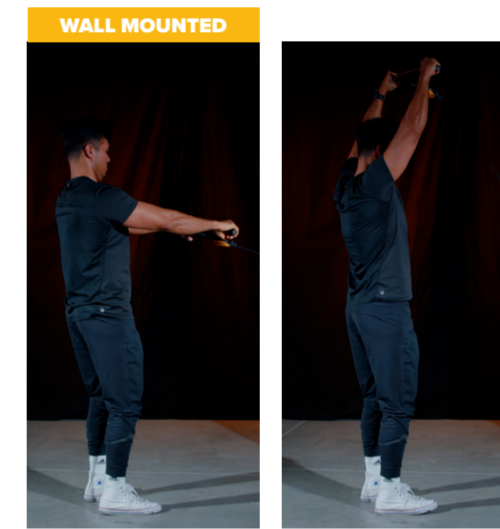
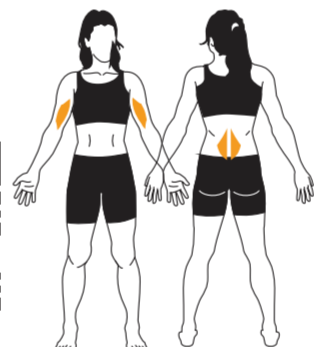
REGULAR BICEPS CURL



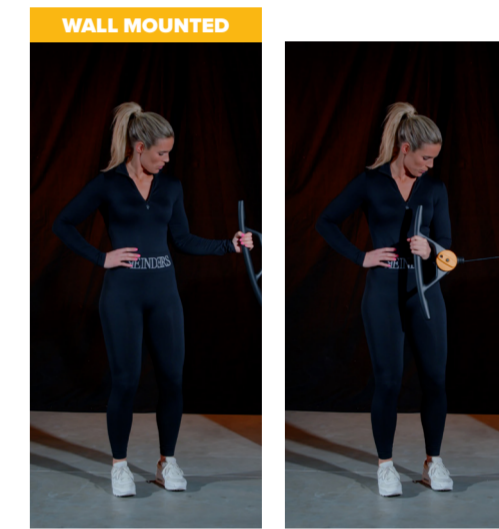
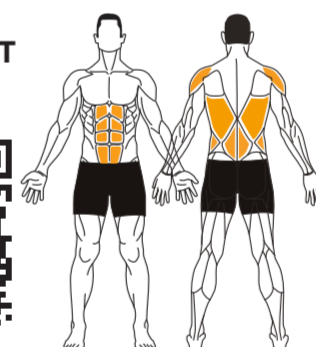
SINGLE ARM ROW



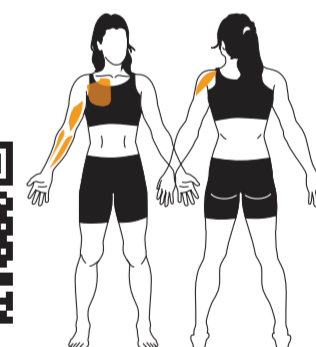
FRONT BICEP CURL



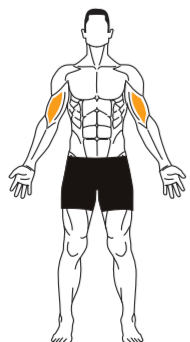
SHOULDER CABLE FRONT RAISE



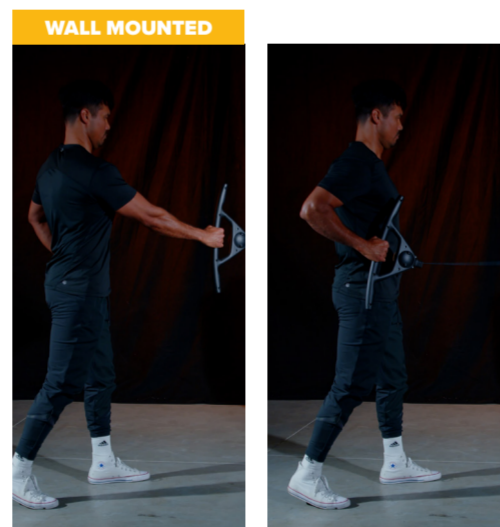
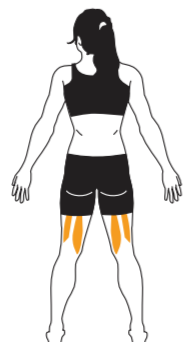
ROTATOR CUFF



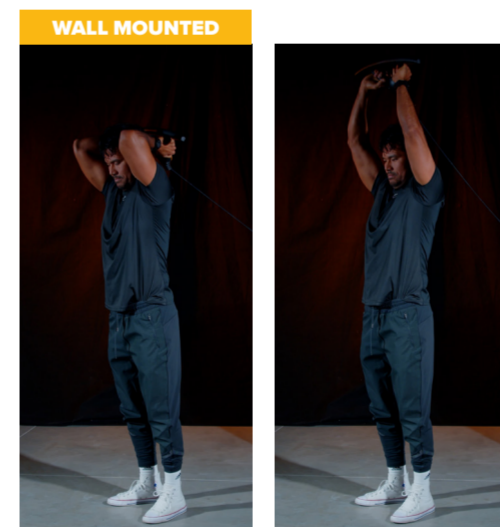
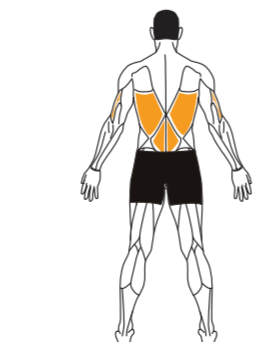
SINGLE ARM BICEPS CURL



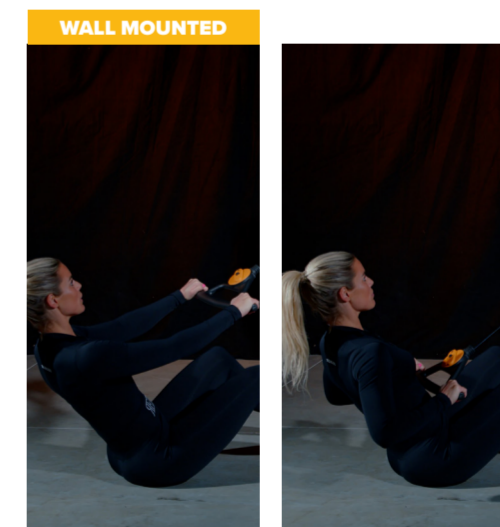
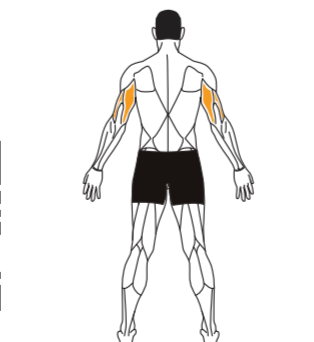
SINGLE LEG RDL



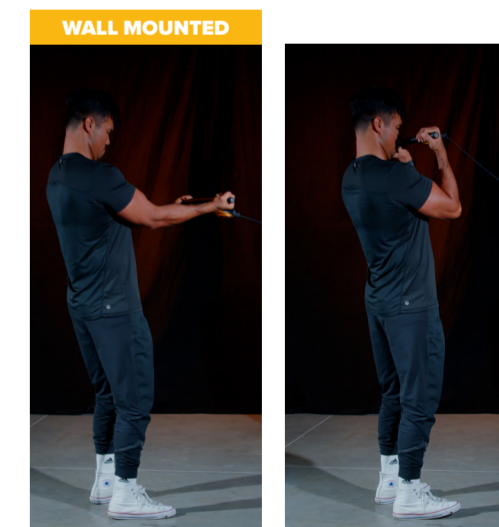
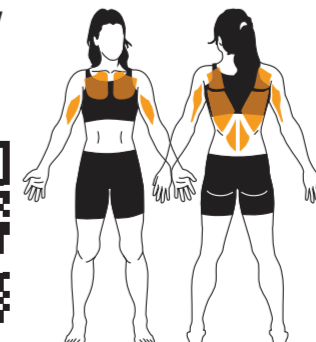
SINGLE ARM ROW



TRICEPS OVERHEAD PULL



SEATED ROW



TWO-HANDED BICEPS CURL

