



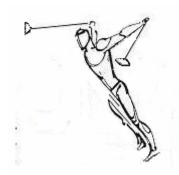
1. The CloggerWorks the Shoulders and Triceps -Essential Plunging Manuever



3. The Deep Shit Works Quads and Hamstrings



4. The Squatter Ideal For Slow Days



5. The Double Plunge Fury (Advanced) Works the chest and face Not for beginning plungers