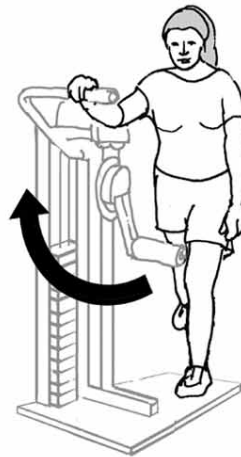


**Intermediate Miracle Workout  
Additional Resistance Exercises**



1. Hip Flexion



2. Hip Extension



3. Hip Abduction



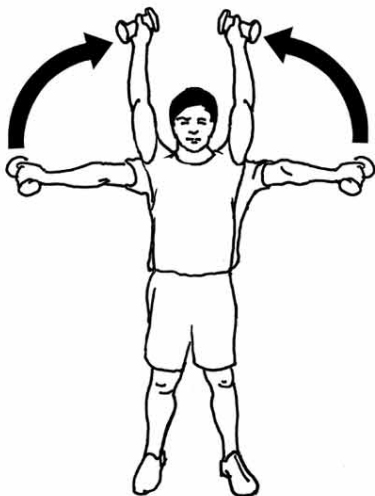
4. Hip Adduction



5. Shoulder Shrug



6. Front Delt Lift



7. Lateral Delt Lift



8. Rear Delt Lift