

# No Pole? No Problem

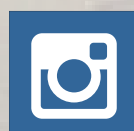
## Starter Strength

### Series:

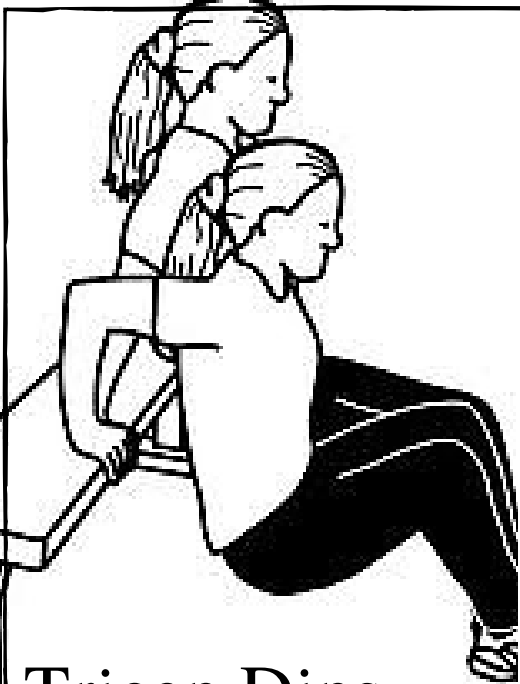
## Upper Body I



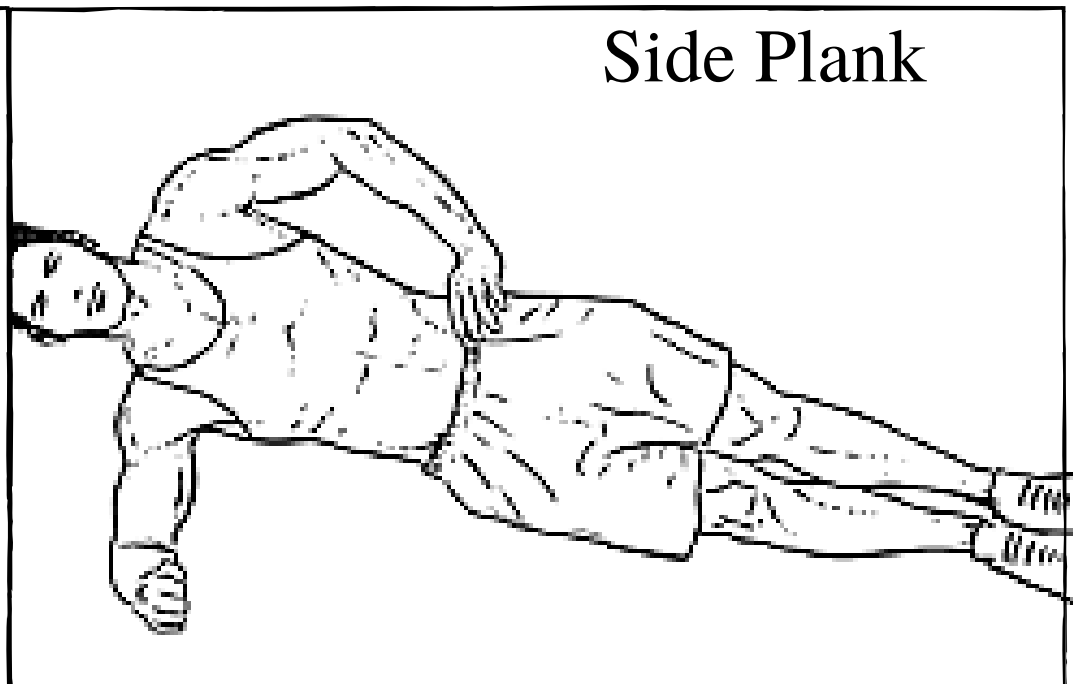
@diaryofapoleaddict



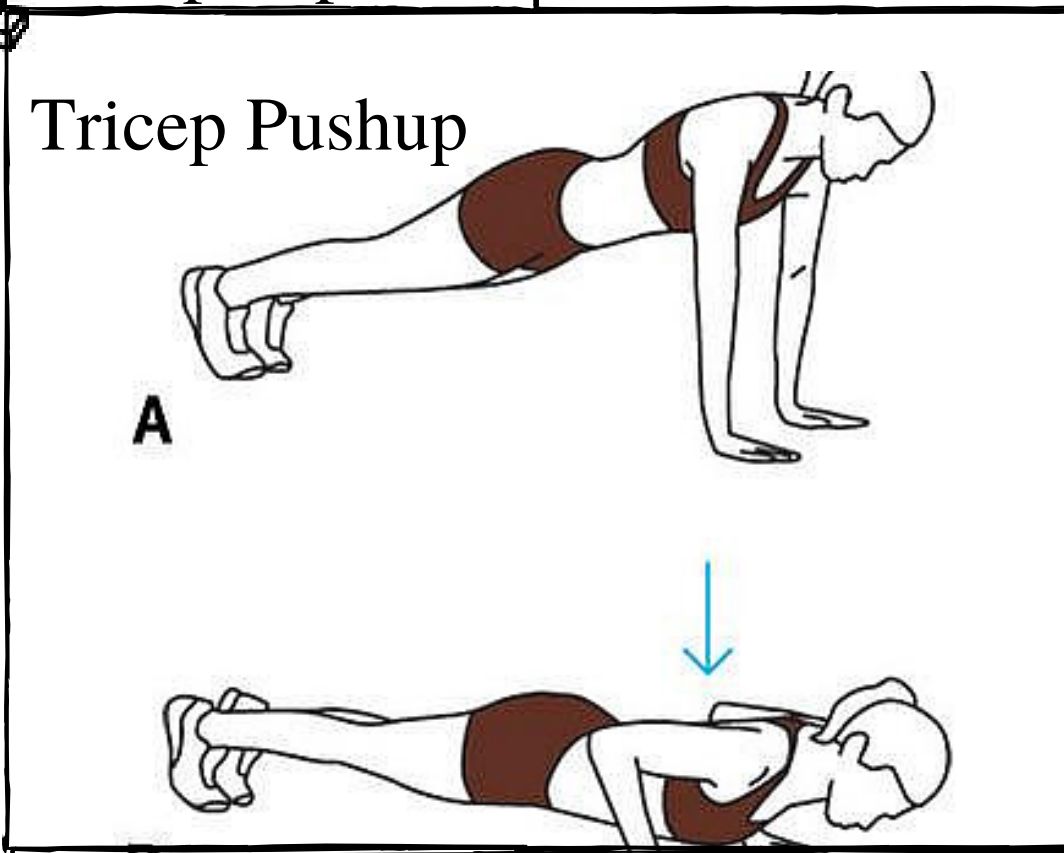
@squidgeypaws



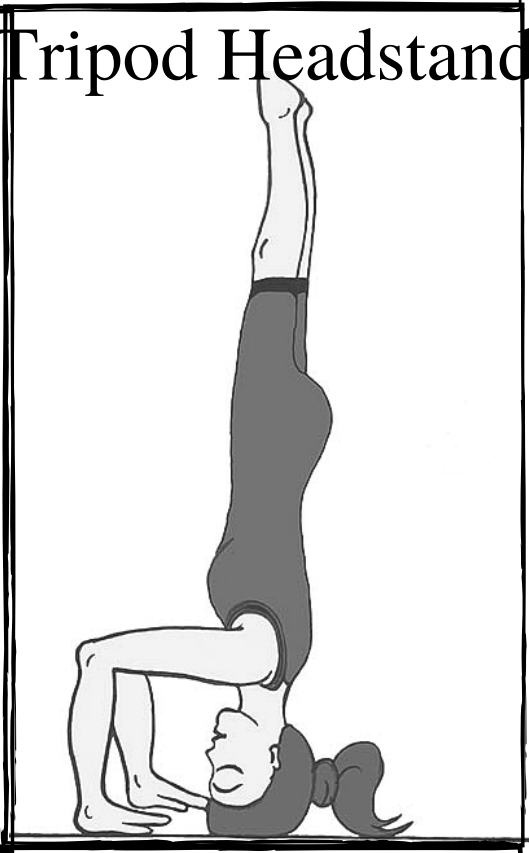
Tricep Dips



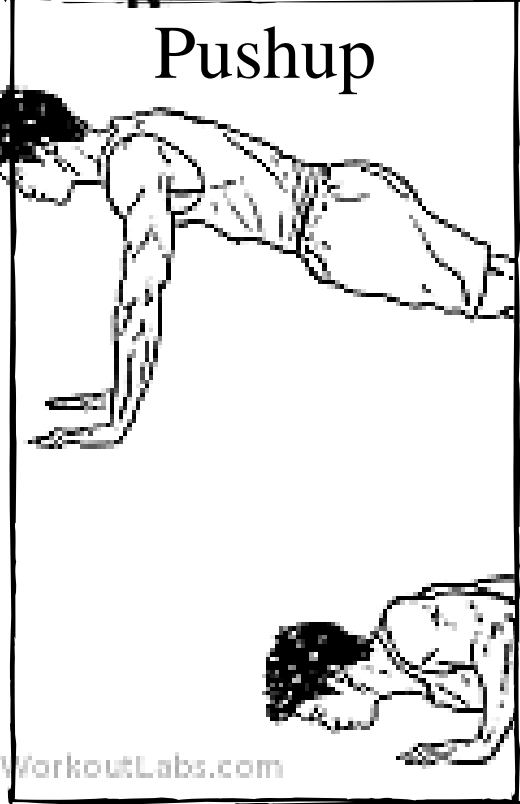
Side Plank



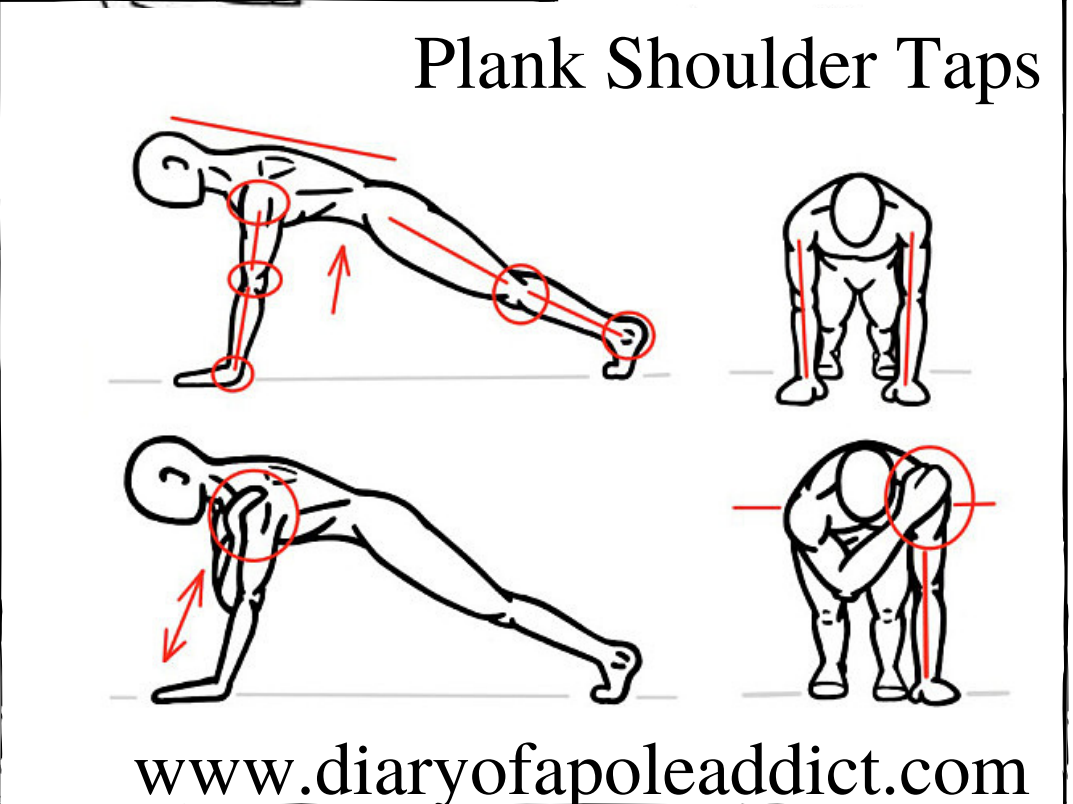
Tricep Pushup



Tripod Headstand



Pushup



Plank Shoulder Taps