

Clasify the pictures below to the following headings:

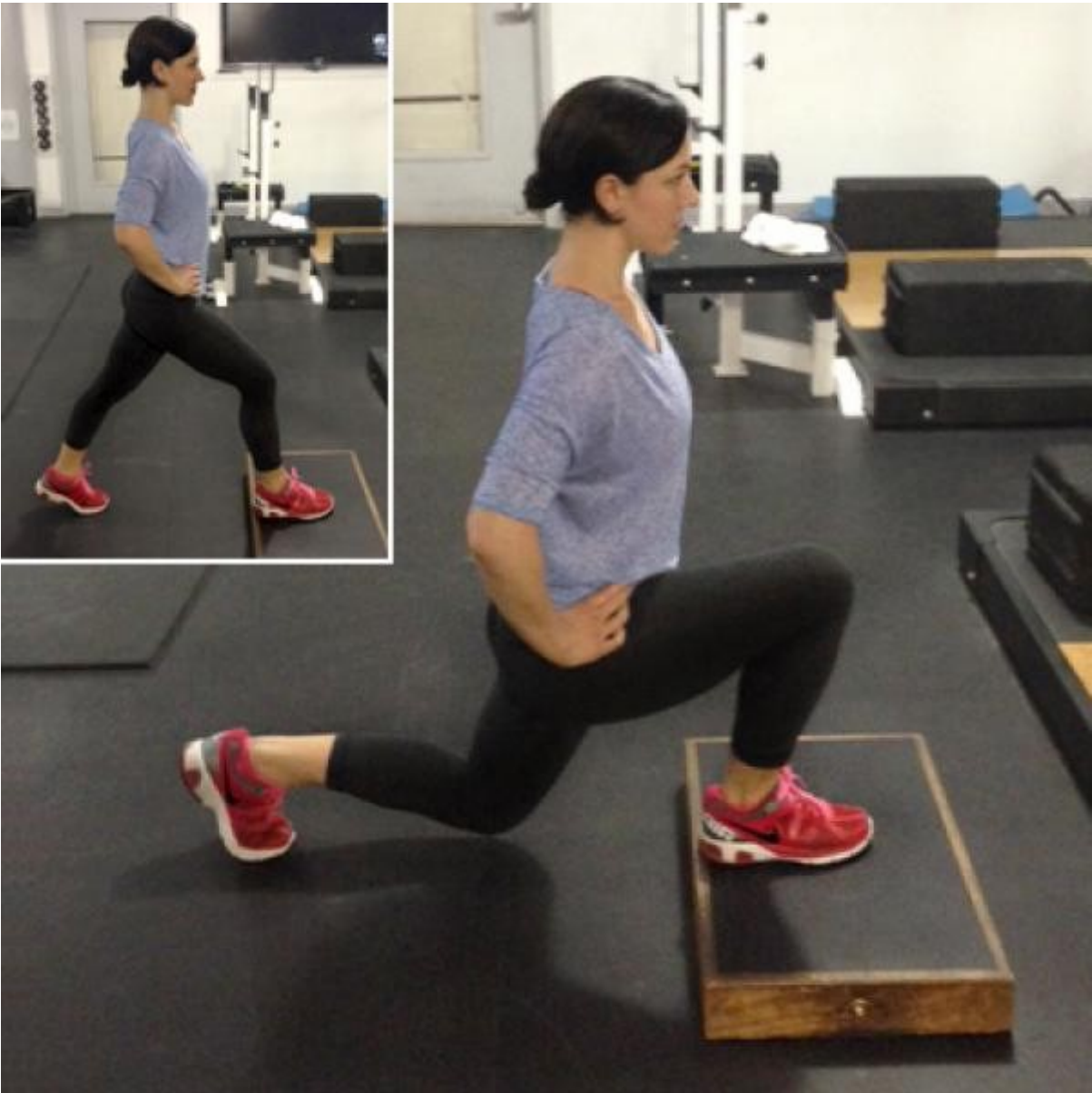
Chin-up, Deadlift, Push-up, Split squad



Chin-up, Deadlift, Push-up, Split squad



Chin-up, Deadlift, Push-up, Split squad



Chin-up, Deadlift, Push-up, Split squat



Describe how to perform each exercise.

Adapted from: <http://www.shape.com/fitness/workouts/only-5-exercises-you-really-need/slide/>