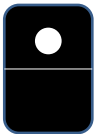
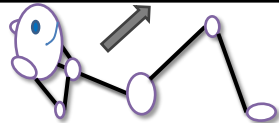
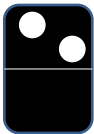
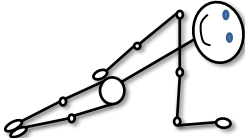
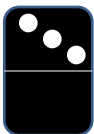
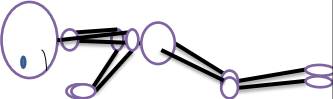
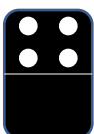
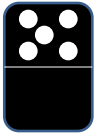
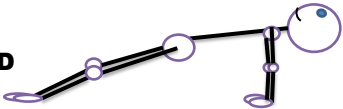


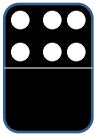
D  **CRUNCH**
(10 seconds) 

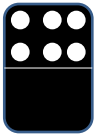
Z  **SIDE PLANK** 

Z  **KNEELING CROCODILE** 

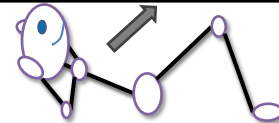
Y  **SUPERMAN** 

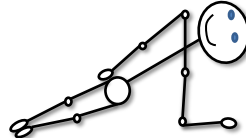
Y  **INCLINED PLANK** 

Y  **PLANK** 

Y  **PLANK** 

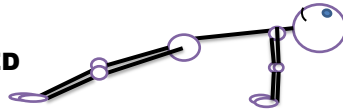
CORE FITNESS

D  **CRUNCH**
(10 seconds) 

Z  **SIDE PLANK** 

Z  **KNEELING CROCODILE** 

Y  **SUPERMAN** 

Y  **INCLINED PLANK** 

Y  **PLANK** 

CORE FITNESS