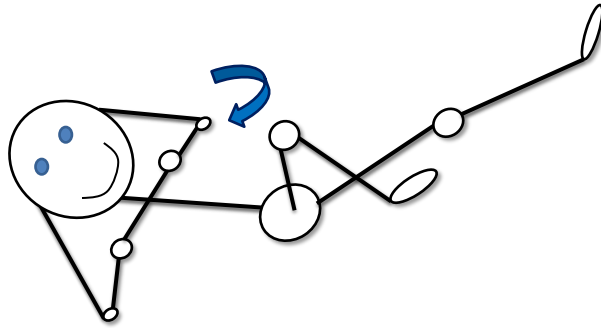




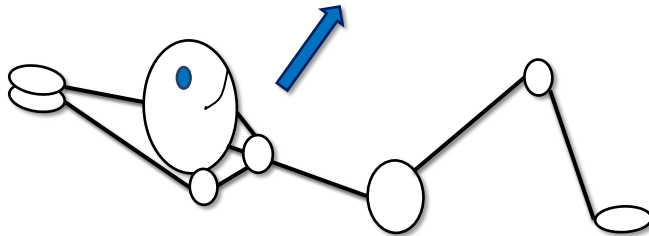
Blue

Bicycle



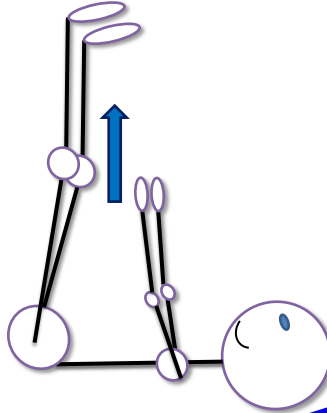
Blue

Long Arm Crunch



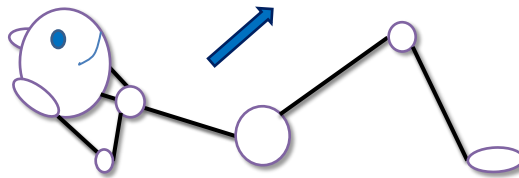
Blue

Toe Touches



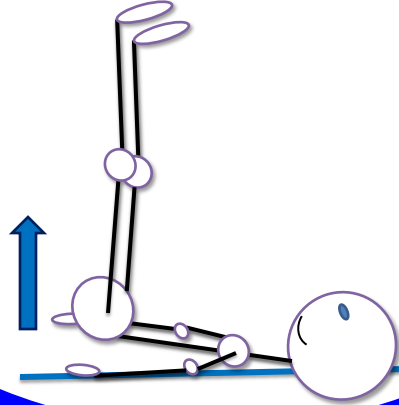
Blue

Crunches



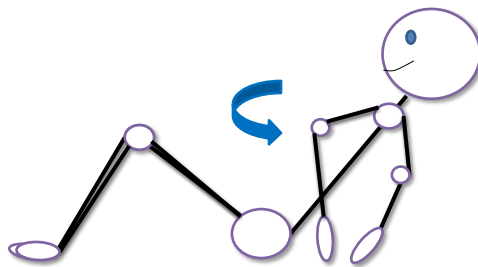
Blue

Vertical Leg Crunch



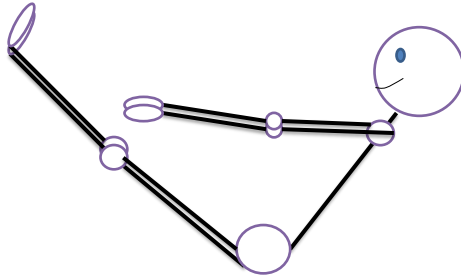
Blue

Oblique Crunch



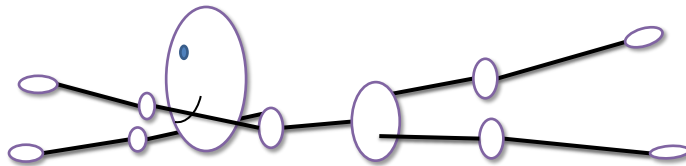
Blue

BOAT



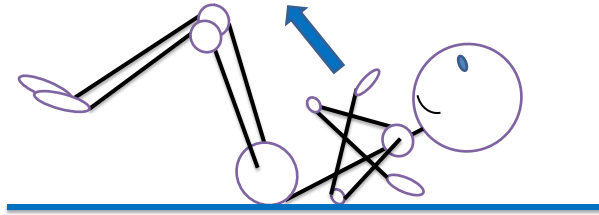
Blue

Superman



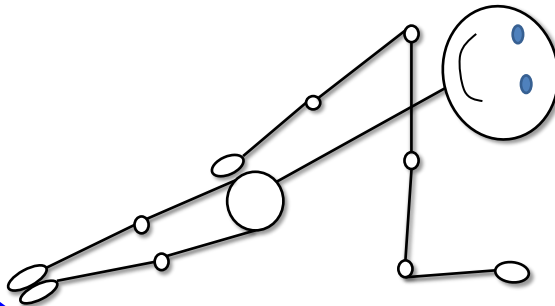
Blue

Reverse Crunch



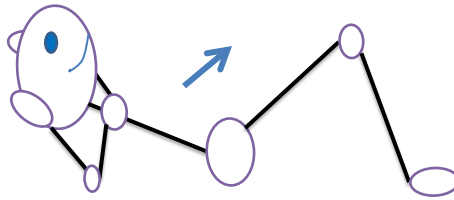
Blue

Side Plank



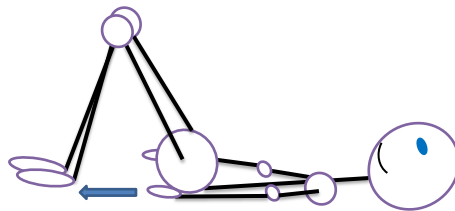
Blue

Full Sit-up



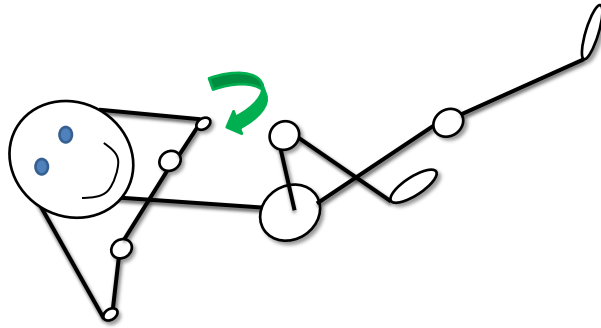
Blue

Bent Knee Heel Touch



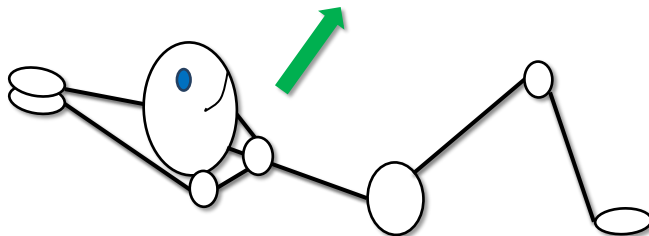
Green

Bicycle



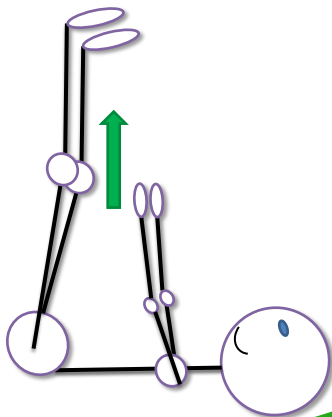
Green

Long Arm Crunch



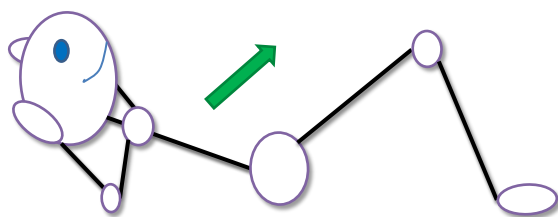
Green

Toe Touches



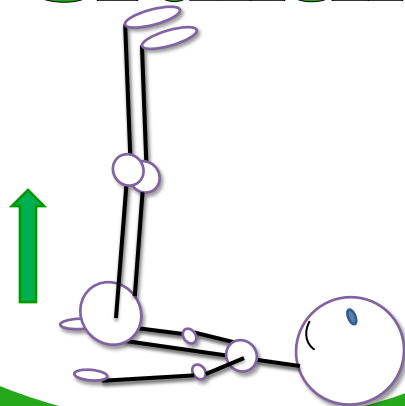
Green

Crunches



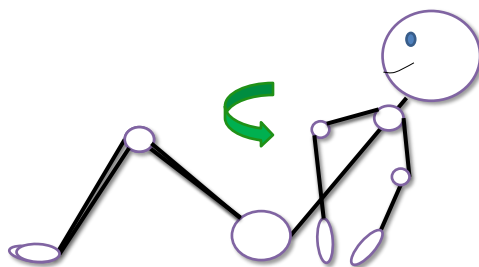
Green

Vertical Leg Crunch



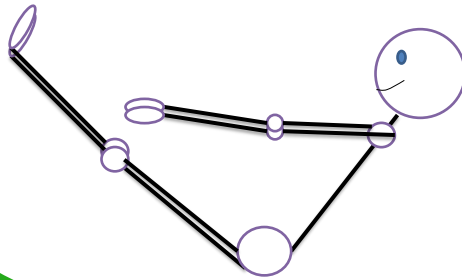
Green

Oblique Crunch



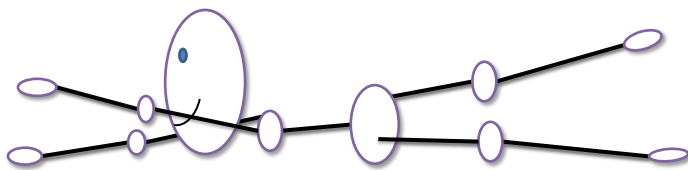
Green

BOAT



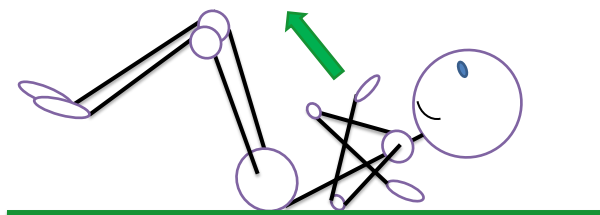
Green

Superman



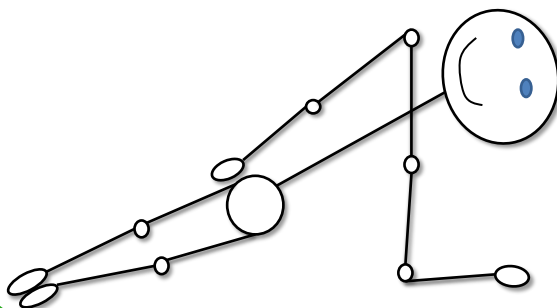
Green

Reverse Crunch



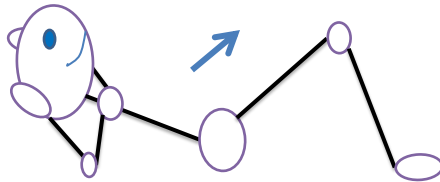
Green

Side Plank



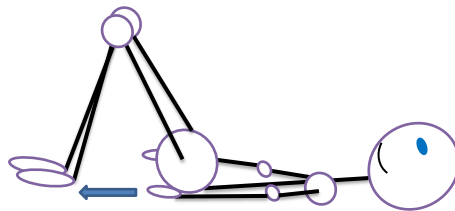
Green

Full Sit-Up



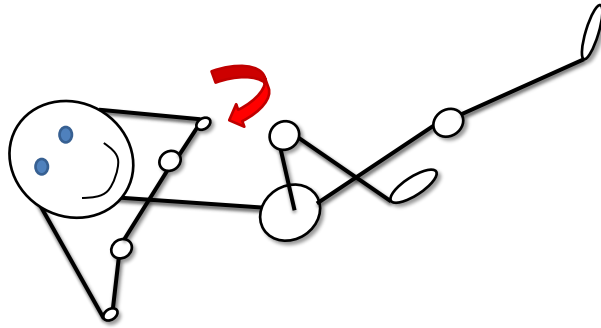
Green

Bent Knee Heel Touch



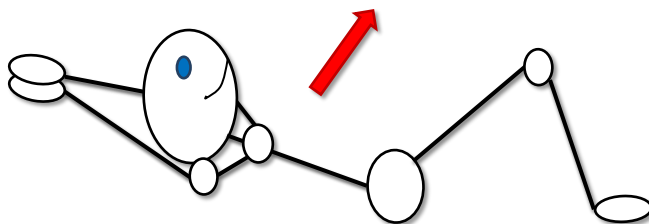
Red

Bicycle



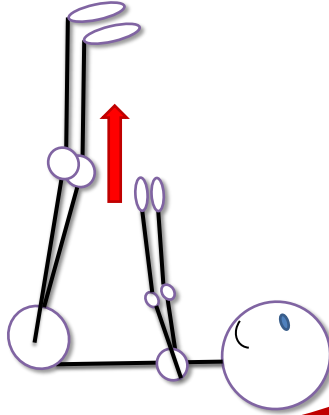
Red

Long Arm Crunch



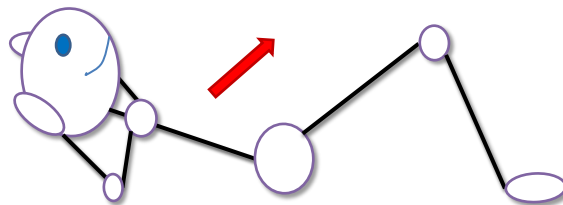
Red

Toe Touches



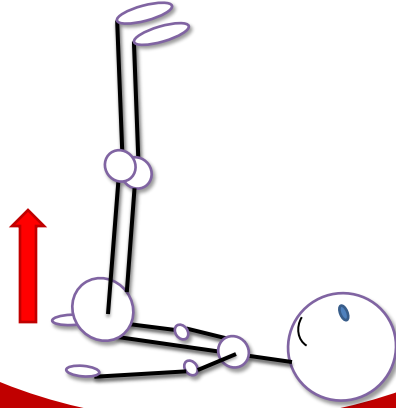
Red

Crunches



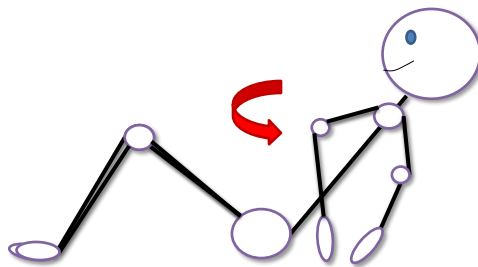
Red

Vertical Leg Crunch



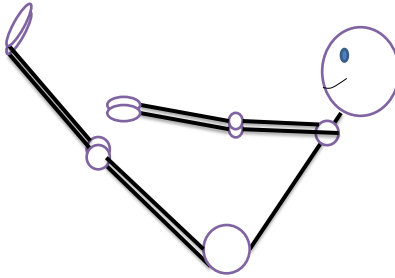
Red

Oblique Crunch



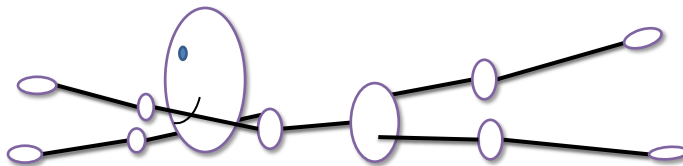
Red

BOAT



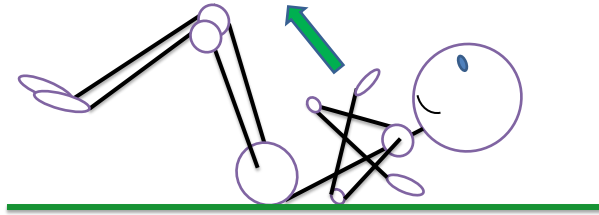
Red

Superman



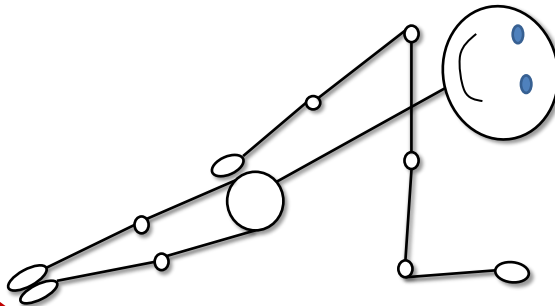
Red

Reverse Crunch



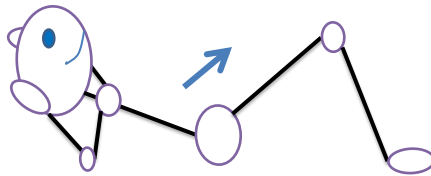
Red

Side Plank



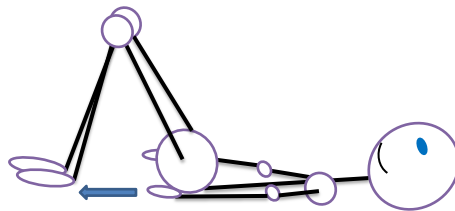
Red

Full Sit-Up



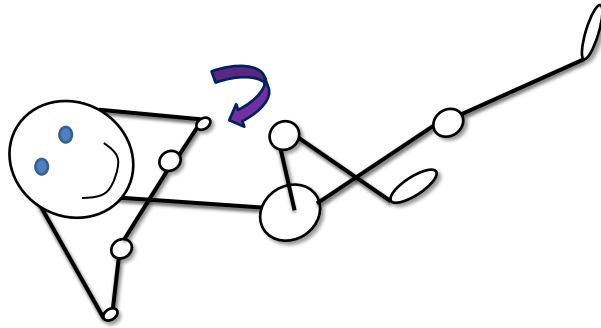
Red

Bent Knee Heel Touch



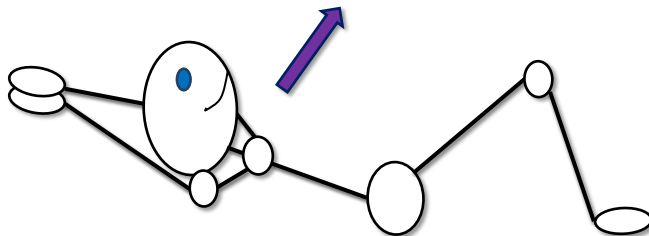
Purple

Bicycle



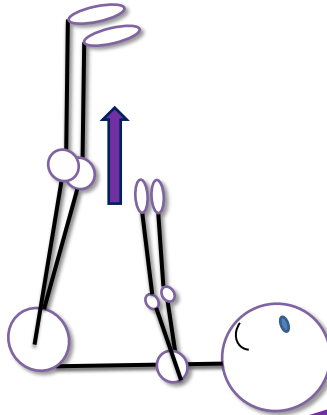
Purple

WALL SIT



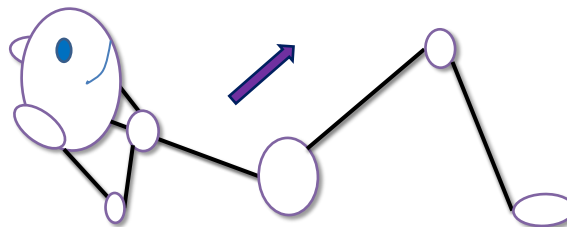
Purple

Toe Touches



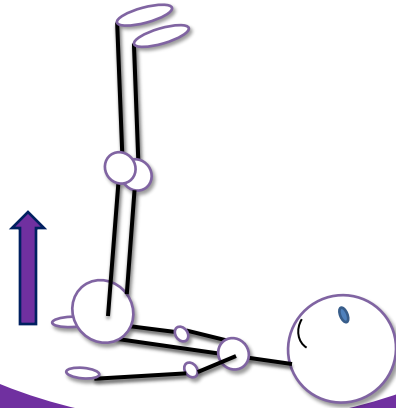
Purple

Crunches



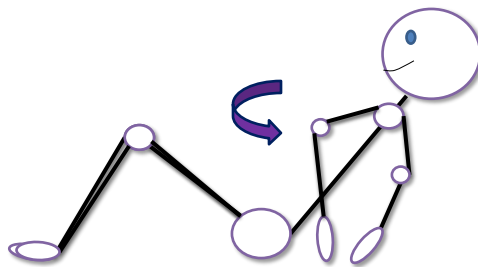
Purple

Vertical Leg Crunch



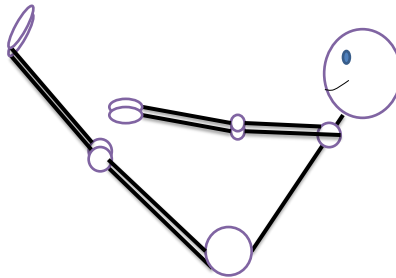
Purple

Oblique Crunch



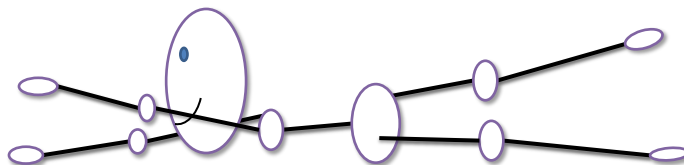
Purple

BOAT



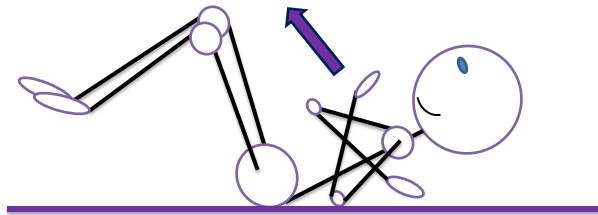
Purple

Superman



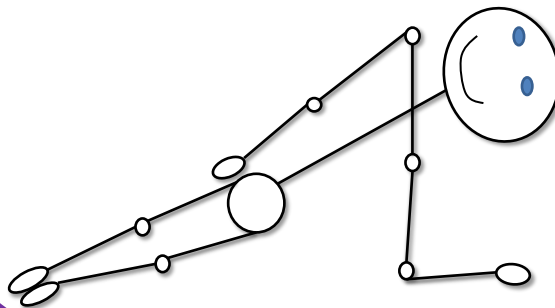
Purple

Reverse Crunch



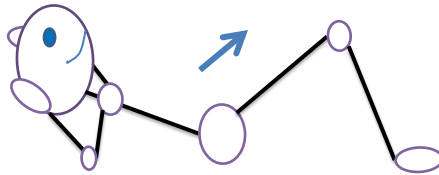
Purple

Side Plank



Purple

Full Sit-Up



Purple

Bent Knee Heel Touch

