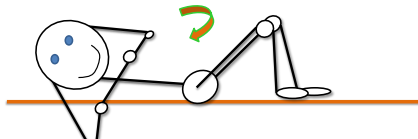


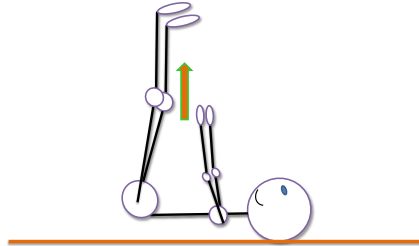
1 Twisting Crunch



1. Complete a sit-up
2. Bring left elbow towards right knee
3. Return to start position



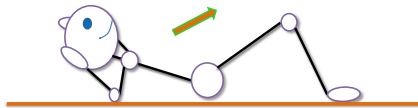
2 Toe Touches



1. Reach your hands up to touch toes.
2. Shoulders should come off the ground.
3. Modification: Reach and touch knees.



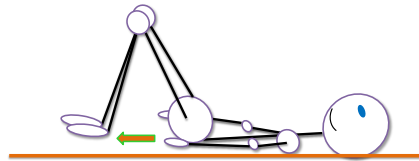
3 Sit-Ups



1. Sit-up lifting your upper body toward your legs.
2. Do NOT bring elbow to touch knees
3. Contract glutes.



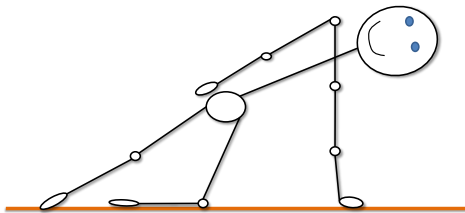
4 Bent Leg Heel Touch



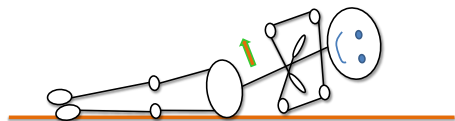
1. Contract the abs.
2. Slide the right hand along the floor to touch the right heel.
3. Switch
4. Modification: At the same time, slide both right and left hands to touch heels.



5 Kneeling Side Plank



6 Side Oblique Crunch



1. Lie on your left side with your arms crossed in front of your chest.
2. Raise your torso off the ground.
3. Hold for 3 seconds and return to start position.
4. Repeat on right side.

