
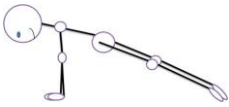
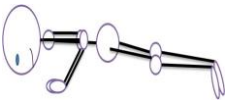

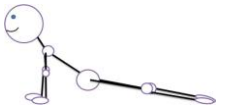
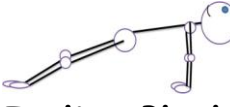
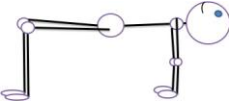
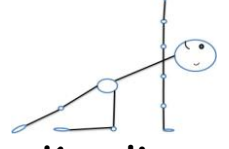
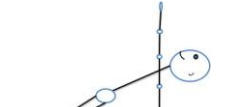

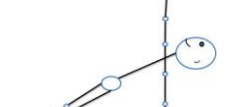
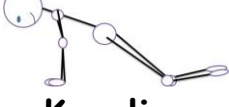

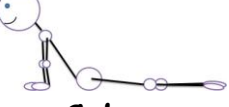


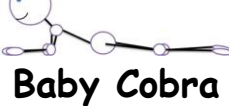





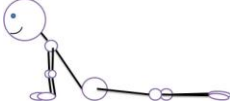
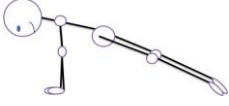
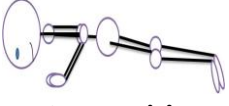


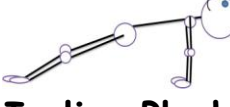
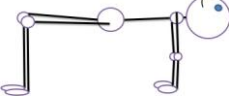
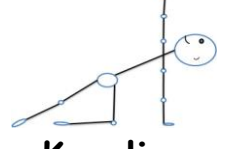
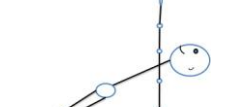

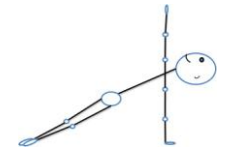

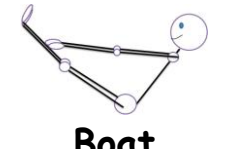
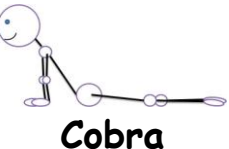



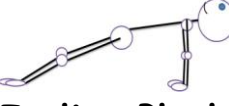
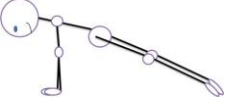
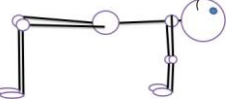
STRETCH AND FLEX

CORE

 <p>Cobra 17</p>	 <p>Plank 16</p>	 <p>Crocodile 13</p>	 <p>Spinal Balance 20</p>	 <p>Upward Facing Dog 11</p>
 <p>Incline Plank 12</p>	 <p>Tabletop 10</p>	 <p>Kneeling Side Plank 4</p>	 <p>Side Plank 7</p>	 <p>Kneeling Crocodile 1</p>
 <p>Side Plank 3</p>	 <p>Kneeling Plank 18</p>	 <p>Boat 9</p>	 <p>Cobra 8</p>	 <p>Spinal Balance 15</p>
 <p>Kneeling Crocodile 19</p>	 <p>Baby Cobra 2</p>	 <p>Incline Plank 14</p>	 <p>Plank 5</p>	 <p>Tabletop 6</p>

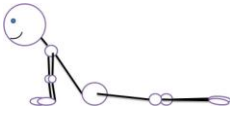
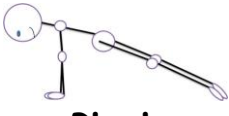
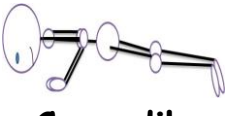
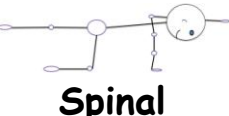
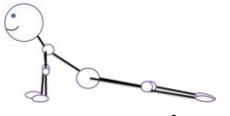
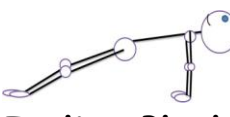
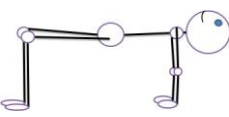
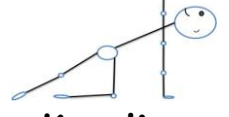
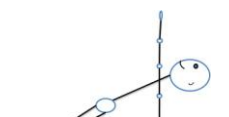


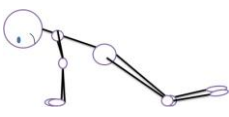
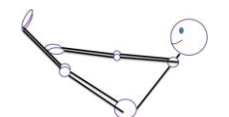




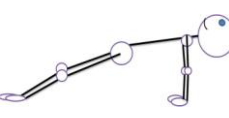
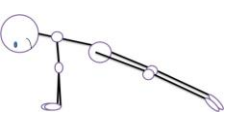
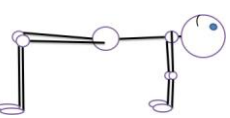
STRETCH AND FLEX

CORE

 <p>Cobra 16</p>	 <p>Plank 19</p>	 <p>Crocodile 4</p>	 <p>Spinal Balance 12</p>	 <p>Upward Facing Dog 5</p>
 <p>Incline Plank 11</p>	 <p>Tabletop 2</p>	 <p>Kneeling Side Plank 13</p>	 <p>Side Plank 9</p>	 <p>Kneeling Crocodile 1</p>
 <p>Side Plank 7</p>	 <p>Kneeling Plank 8</p>	 <p>Boat 3</p>	 <p>Cobra 17</p>	 <p>Spinal Balance 20</p>
 <p>Kneeling Crocodile 10</p>	 <p>Baby Cobra 15</p>	 <p>Incline Plank 14</p>	 <p>Plank 6</p>	 <p>Tabletop 18</p>

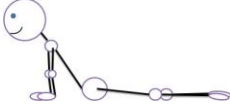
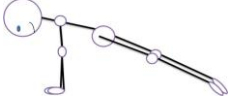
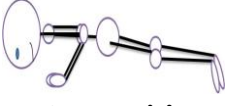


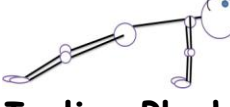
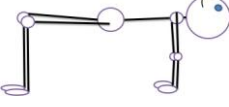
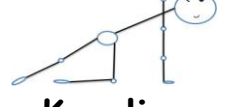
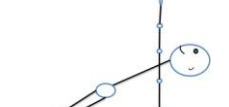











STRETCH AND FLEX

CORE

 <p>Cobra 13</p>	 <p>Plank 19</p>	 <p>Crocodile 18</p>	 <p>Spinal Balance 8</p>	 <p>Upward Facing Dog 12</p>
 <p>Incline Plank 6</p>	 <p>Tabletop 3</p>	 <p>Kneeling Side Plank 9</p>	 <p>Side Plank 4</p>	 <p>Kneeling Crocodile 14</p>
 <p>Side Plank 16</p>	 <p>Kneeling Plank 17</p>	 <p>Boat 5</p>	 <p>Cobra 20</p>	 <p>Spinal Balance 7</p>
 <p>Kneeling Crocodile 2</p>	 <p>Baby Cobra 11</p>	 <p>Incline Plank 1</p>	 <p>Plank 10</p>	 <p>Tabletop 15</p>

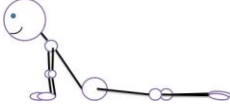
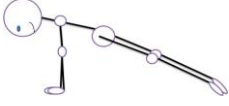
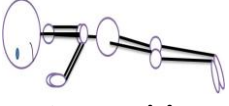



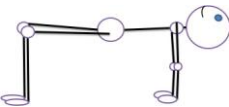
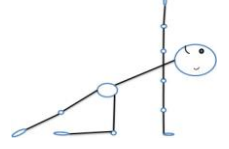
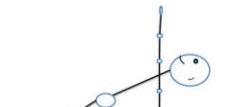


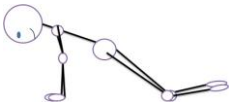

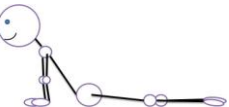



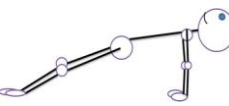
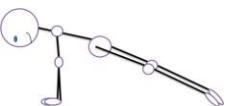
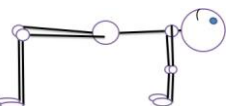
STRETCH AND FLEX

CORE

 <p>Cobra 5</p>	 <p>Plank 16</p>	 <p>Crocodile 13</p>	 <p>Spinal Balance 14</p>	 <p>Upward Facing Dog 8</p>
 <p>Incline Plank 2</p>	 <p>Tabletop 15</p>	 <p>Kneeling Side Plank 9</p>	 <p>Side Plank 19</p>	 <p>Kneeling Crocodile 12</p>
 <p>Side Plank 7</p>	 <p>Kneeling Plank 1</p>	 <p>Boat 11</p>	 <p>Cobra 10</p>	 <p>Spinal Balance 17</p>
 <p>Kneeling Crocodile 18</p>	 <p>Baby Cobra 6</p>	 <p>Incline Plank 3</p>	 <p>Plank 4</p>	 <p>Tabletop 20</p>

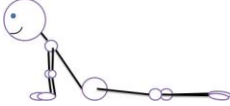
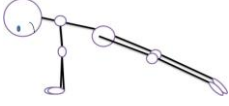
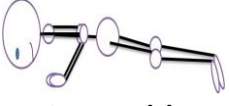


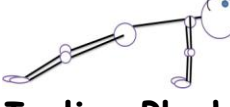
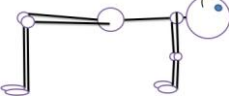
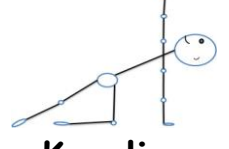
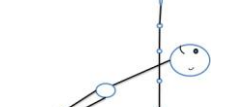

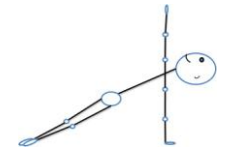

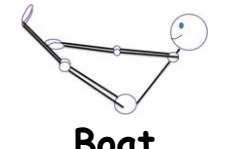
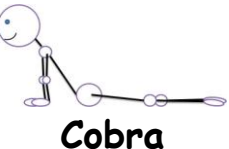



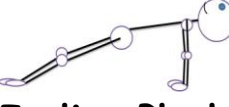
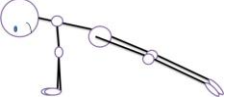
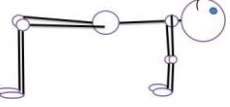
STRETCH AND FLEX

CORE

 <p>Cobra 8</p>	 <p>Plank 19</p>	 <p>Crocodile 15</p>	 <p>Spinal Balance 20</p>	 <p>Upward Facing Dog 3</p>
 <p>Incline Plank 16</p>	 <p>Tabletop 18</p>	 <p>Kneeling Side Plank 5</p>	 <p>Side Plank 7</p>	 <p>Kneeling Crocodile 1</p>
 <p>Side Plank 10</p>	 <p>Kneeling Plank 6</p>	 <p>Boat 17</p>	 <p>Cobra 4</p>	 <p>Spinal Balance 9</p>
 <p>Kneeling Crocodile 13</p>	 <p>Baby Cobra 11</p>	 <p>Incline Plank 2</p>	 <p>Plank 14</p>	 <p>Tabletop 12</p>

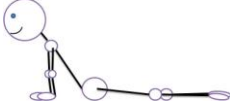
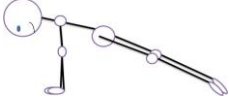
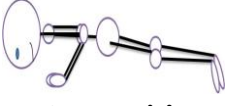


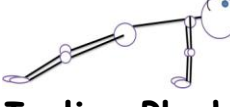
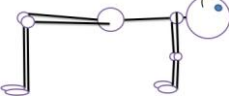
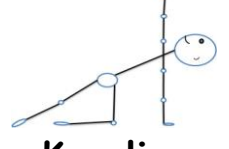
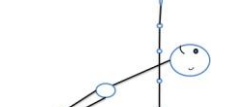

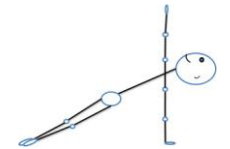

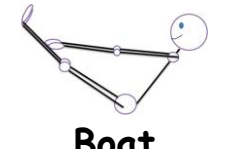
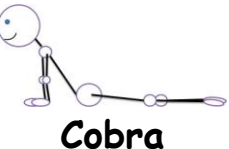



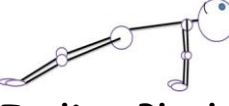
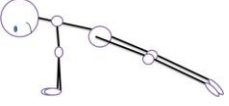
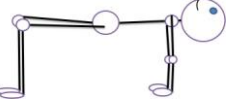
STRETCH AND FLEX

CORE

 <p>Cobra 9</p>	 <p>Plank 15</p>	 <p>Crocodile 12</p>	 <p>Spinal Balance 16</p>	 <p>Upward Facing Dog 13</p>
 <p>Incline Plank 7</p>	 <p>Tabletop 8</p>	 <p>Kneeling Side Plank 19</p>	 <p>Side Plank 18</p>	 <p>Kneeling Crocodile 17</p>
 <p>Side Plank 6</p>	 <p>Kneeling Plank 11</p>	 <p>Boat 5</p>	 <p>Cobra 10</p>	 <p>Spinal Balance 14</p>
 <p>Kneeling Crocodile 20</p>	 <p>Baby Cobra 2</p>	 <p>Incline Plank 1</p>	 <p>Plank 3</p>	 <p>Tabletop 4</p>

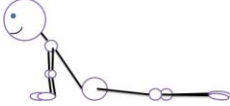
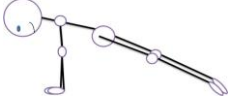
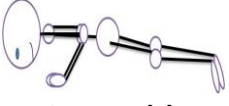


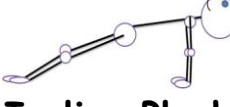
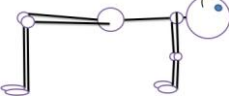
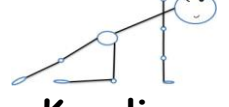
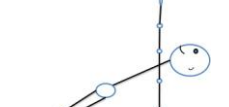











STRETCH AND FLEX

CORE

 <p>Cobra 17</p>	 <p>Plank 8</p>	 <p>Crocodile 1</p>	 <p>Spinal Balance 3</p>	 <p>Upward Facing Dog 7</p>
 <p>Incline Plank 2</p>	 <p>Tabletop 13</p>	 <p>Kneeling Side Plank 10</p>	 <p>Side Plank 6</p>	 <p>Kneeling Crocodile 4</p>
 <p>Side Plank 12</p>	 <p>Kneeling Plank 5</p>	 <p>Boat 11</p>	 <p>Cobra 19</p>	 <p>Spinal Balance 16</p>
 <p>Kneeling Crocodile 15</p>	 <p>Baby Cobra 20</p>	 <p>Incline Plank 18</p>	 <p>Plank 9</p>	 <p>Tabletop 14</p>

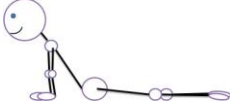
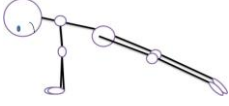
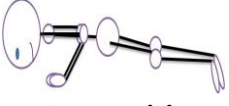


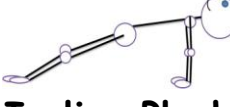
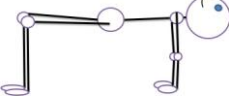
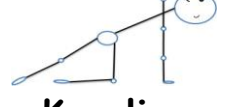
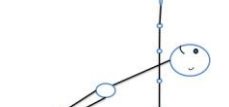











STRETCH AND FLEX

CORE

 <p>Cobra 20</p>	 <p>Plank 10</p>	 <p>Crocodile 19</p>	 <p>Spinal Balance 16</p>	 <p>Upward Facing Dog 7</p>
 <p>Incline Plank 3</p>	 <p>Tabletop 18</p>	 <p>Kneeling Side Plank 17</p>	 <p>Side Plank 2</p>	 <p>Kneeling Crocodile 15</p>
 <p>Side Plank 12</p>	 <p>Kneeling Plank 5</p>	 <p>Boat 1</p>	 <p>Cobra 11</p>	 <p>Spinal Balance 9</p>
 <p>Kneeling Crocodile 8</p>	 <p>Baby Cobra 6</p>	 <p>Incline Plank 14</p>	 <p>Plank 4</p>	 <p>Tabletop 13</p>

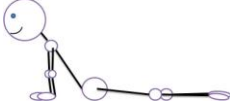
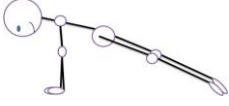
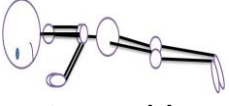


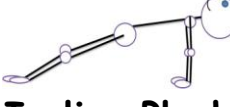
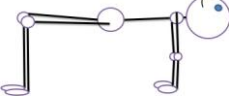
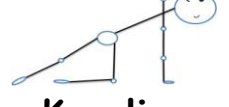
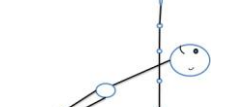











STRETCH AND FLEX

CORE

 <p>Cobra 9</p>	 <p>Plank 7</p>	 <p>Crocodile 15</p>	 <p>Spinal Balance 20</p>	 <p>Upward Facing Dog 5</p>
 <p>Incline Plank 2</p>	 <p>Tabletop 10</p>	 <p>Kneeling Side Plank 4</p>	 <p>Side Plank 19</p>	 <p>Kneeling Crocodile 18</p>
 <p>Side Plank 3</p>	 <p>Kneeling Plank 13</p>	 <p>Boat 1</p>	 <p>Cobra 11</p>	 <p>Spinal Balance 17</p>
 <p>Kneeling Crocodile 16</p>	 <p>Baby Cobra 14</p>	 <p>Incline Plank 12</p>	 <p>Plank 6</p>	 <p>Tabletop 8</p>

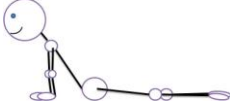
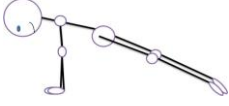
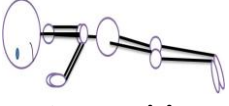


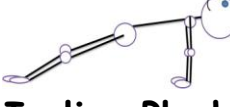
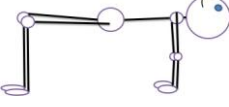
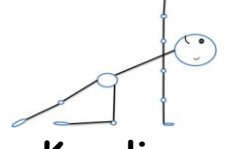
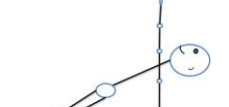

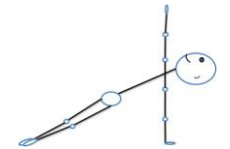

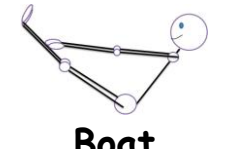
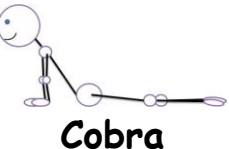



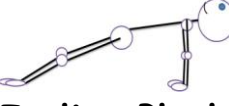
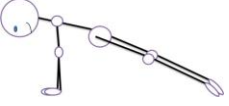
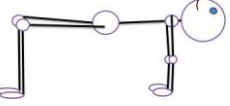
STRETCH AND FLEX

CORE

 <p>Cobra 16</p>	 <p>Plank 5</p>	 <p>Crocodile 14</p>	 <p>Spinal Balance 20</p>	 <p>Upward Facing Dog 18</p>
 <p>Incline Plank 2</p>	 <p>Tabletop 12</p>	 <p>Kneeling Side Plank 11</p>	 <p>Side Plank 6</p>	 <p>Kneeling Crocodile 3</p>
 <p>Side Plank 10</p>	 <p>Kneeling Plank 19</p>	 <p>Boat 1</p>	 <p>Cobra 17</p>	 <p>Spinal Balance 9</p>
 <p>Kneeling Crocodile 15</p>	 <p>Baby Cobra 8</p>	 <p>Incline Plank 4</p>	 <p>Plank 7</p>	 <p>Tabletop 13</p>

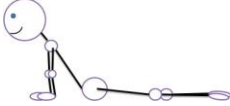
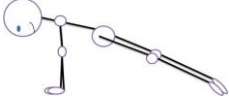
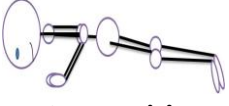


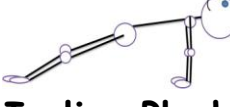
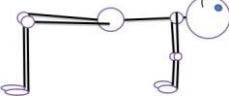
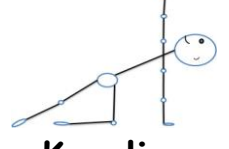
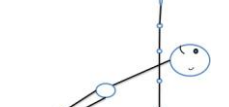

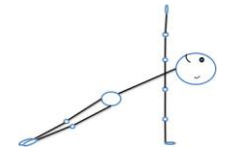

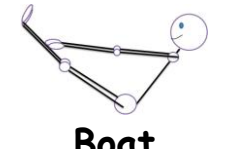
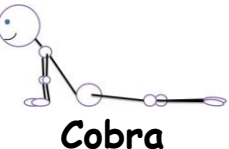



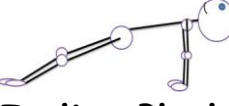
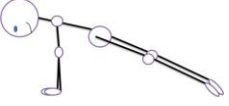
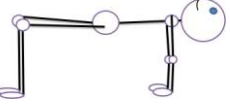
STRETCH AND FLEX

CORE

 <p>Cobra 2</p>	 <p>Plank 19</p>	 <p>Crocodile 3</p>	 <p>Spinal Balance 1</p>	 <p>Upward Facing Dog 13</p>
 <p>Incline Plank 11</p>	 <p>Tabletop 20</p>	 <p>Kneeling Side Plank 7</p>	 <p>Side Plank 15</p>	 <p>Kneeling Crocodile 17</p>
 <p>Side Plank 10</p>	 <p>Kneeling Plank 18</p>	 <p>Boat 5</p>	 <p>Cobra 9</p>	 <p>Spinal Balance 12</p>
 <p>Kneeling Crocodile 14</p>	 <p>Baby Cobra 4</p>	 <p>Incline Plank 16</p>	 <p>Plank 6</p>	 <p>Tabletop 8</p>

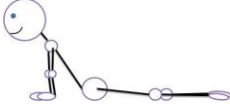
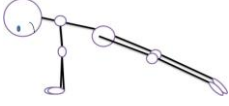
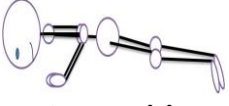


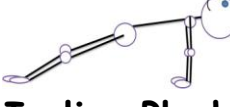
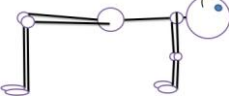
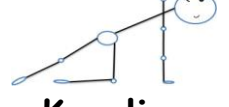
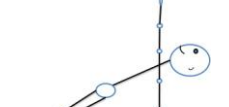











STRETCH AND FLEX

CORE

 <p>Cobra 9</p>	 <p>Plank 14</p>	 <p>Crocodile 6</p>	 <p>Spinal Balance 20</p>	 <p>Upward Facing Dog 4</p>
 <p>Incline Plank 13</p>	 <p>Tabletop 11</p>	 <p>Kneeling Side Plank 8</p>	 <p>Side Plank 19</p>	 <p>Kneeling Crocodile 10</p>
 <p>Side Plank 3</p>	 <p>Kneeling Plank 5</p>	 <p>Boat 18</p>	 <p>Cobra 16</p>	 <p>Spinal Balance 1</p>
 <p>Kneeling Crocodile 15</p>	 <p>Baby Cobra 7</p>	 <p>Incline Plank 12</p>	 <p>Plank 17</p>	 <p>Tabletop 2</p>

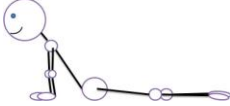
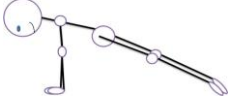
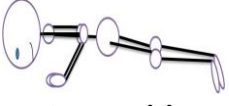


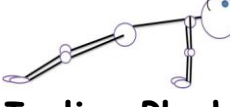
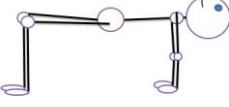
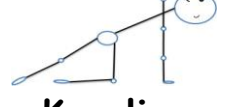
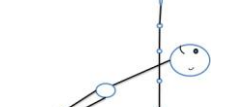











STRETCH AND FLEX

CORE

 <p>Cobra 7</p>	 <p>Plank 1</p>	 <p>Crocodile 19</p>	 <p>Spinal Balance 10</p>	 <p>Upward Facing Dog 3</p>
 <p>Incline Plank 11</p>	 <p>Tabletop 20</p>	 <p>Kneeling Side Plank 15</p>	 <p>Side Plank 6</p>	 <p>Kneeling Crocodile 2</p>
 <p>Side Plank 16</p>	 <p>Kneeling Plank 12</p>	 <p>Boat 8</p>	 <p>Cobra 4</p>	 <p>Spinal Balance 9</p>
 <p>Kneeling Crocodile 13</p>	 <p>Baby Cobra 18</p>	 <p>Incline Plank 17</p>	 <p>Plank 5</p>	 <p>Tabletop 14</p>

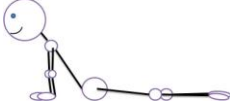
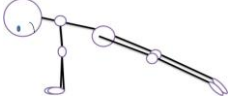
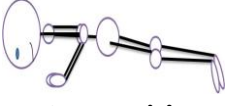



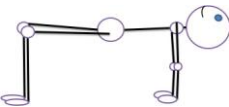
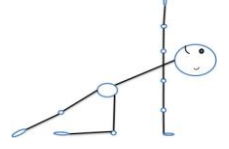
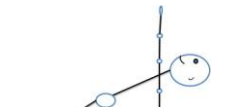


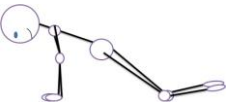

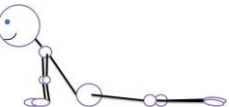



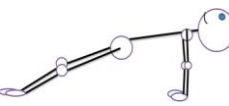
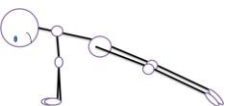
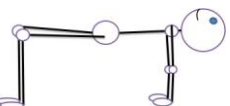
STRETCH AND FLEX

CORE

 <p>Cobra 18</p>	 <p>Plank 9</p>	 <p>Crocodile 4</p>	 <p>Spinal Balance 7</p>	 <p>Upward Facing Dog 10</p>
 <p>Incline Plank 14</p>	 <p>Tabletop 20</p>	 <p>Kneeling Side Plank 16</p>	 <p>Side Plank 1</p>	 <p>Kneeling Crocodile 15</p>
 <p>Side Plank 11</p>	 <p>Kneeling Plank 12</p>	 <p>Boat 13</p>	 <p>Cobra 8</p>	 <p>Spinal Balance 6</p>
 <p>Kneeling Crocodile 17</p>	 <p>Baby Cobra 5</p>	 <p>Incline Plank 2</p>	 <p>Plank 3</p>	 <p>Tabletop 19</p>

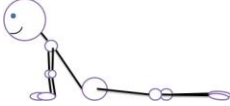
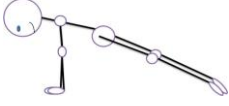
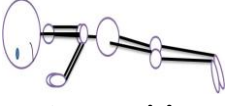


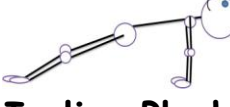
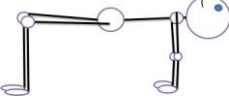
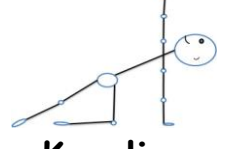
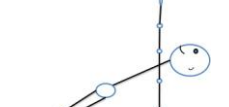

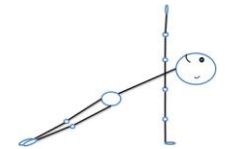

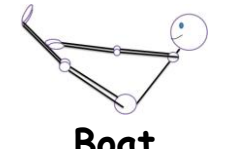
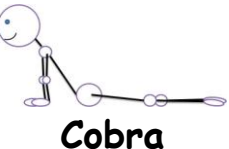



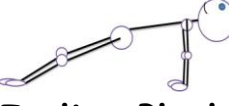
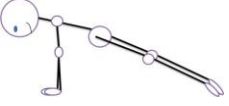
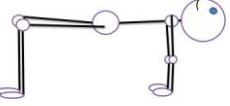
STRETCH AND FLEX

CORE

 <p>Cobra 12</p>	 <p>Plank 15</p>	 <p>Crocodile 3</p>	 <p>Spinal Balance 9</p>	 <p>Upward Facing Dog 14</p>
 <p>Incline Plank 20</p>	 <p>Tabletop 2</p>	 <p>Kneeling Side Plank 4</p>	 <p>Side Plank 17</p>	 <p>Kneeling Crocodile 8</p>
 <p>Side Plank 6</p>	 <p>Kneeling Plank 19</p>	 <p>Boat 10</p>	 <p>Cobra 11</p>	 <p>Spinal Balance 13</p>
 <p>Kneeling Crocodile 5</p>	 <p>Baby Cobra 18</p>	 <p>Incline Plank 16</p>	 <p>Plank 1</p>	 <p>Tabletop 7</p>

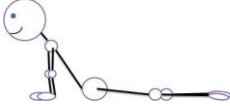
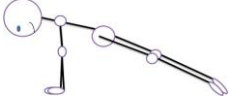
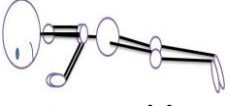


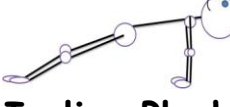
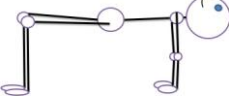
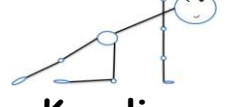
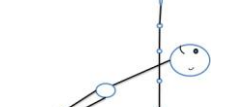











STRETCH AND FLEX

CORE

 <p>Cobra 7</p>	 <p>Plank 16</p>	 <p>Crocodile 2</p>	 <p>Spinal Balance 13</p>	 <p>Upward Facing Dog 8</p>
 <p>Incline Plank 9</p>	 <p>Tabletop 5</p>	 <p>Kneeling Side Plank 10</p>	 <p>Side Plank 15</p>	 <p>Kneeling Crocodile 3</p>
 <p>Side Plank 11</p>	 <p>Kneeling Plank 17</p>	 <p>Boat 18</p>	 <p>Cobra 14</p>	 <p>Spinal Balance 20</p>
 <p>Kneeling Crocodile 12</p>	 <p>Baby Cobra 1</p>	 <p>Incline Plank 19</p>	 <p>Plank 4</p>	 <p>Tabletop 6</p>

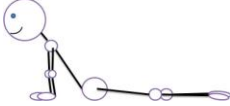
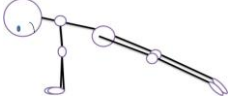
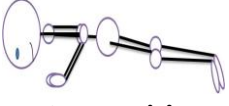


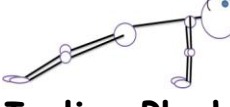
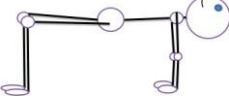
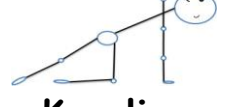
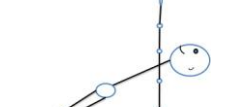











STRETCH AND FLEX

CORE

 <p>Cobra 18</p>	 <p>Plank 14</p>	 <p>Crocodile 10</p>	 <p>Spinal Balance 8</p>	 <p>Upward Facing Dog 6</p>
 <p>Incline Plank 12</p>	 <p>Tabletop 20</p>	 <p>Kneeling Side Plank 2</p>	 <p>Side Plank 17</p>	 <p>Kneeling Crocodile 7</p>
 <p>Side Plank 9</p>	 <p>Kneeling Plank 19</p>	 <p>Boat 15</p>	 <p>Cobra 1</p>	 <p>Spinal Balance 16</p>
 <p>Kneeling Crocodile 11</p>	 <p>Baby Cobra 13</p>	 <p>Incline Plank 3</p>	 <p>Plank 5</p>	 <p>Tabletop 4</p>

STRETCH AND FLEX

CORE

 <p>Cobra 1</p>	 <p>Plank 19</p>	 <p>Crocodile 6</p>	 <p>Spinal Balance 11</p>	 <p>Upward Facing Dog 18</p>
 <p>Incline Plank 7</p>	 <p>Tabletop 20</p>	 <p>Kneeling Side Plank 12</p>	 <p>Side Plank 8</p>	 <p>Kneeling Crocodile 15</p>
 <p>Side Plank 3</p>	 <p>Kneeling Plank 9</p>	 <p>Boat 16</p>	 <p>Cobra 2</p>	 <p>Spinal Balance 14</p>
 <p>Kneeling Crocodile 13</p>	 <p>Baby Cobra 5</p>	 <p>Incline Plank 17</p>	 <p>Plank 10</p>	 <p>Tabletop 4</p>