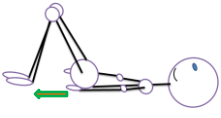
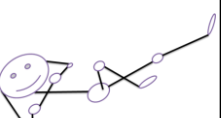
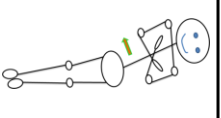
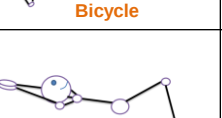
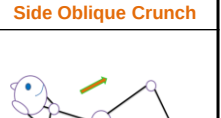
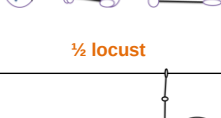
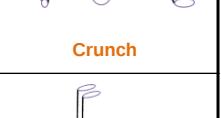
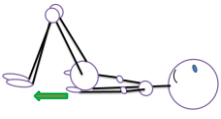
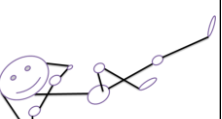
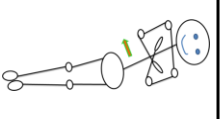
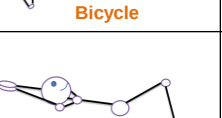
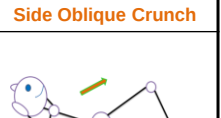
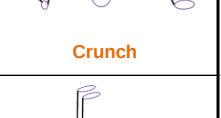


Tic-Tac-Toe

 Bent Knee Heel Touch	 Bicycle	 Side Oblique Crunch
 ½ locust	 Long Arm Crunch	 Crunch
 Kneeling Side Plank	 Elbows and Toes	 Toe Touches

Core Fitness

Tic-Tac-Toe

 Bent Knee Heel Touch	 Bicycle	 Side Oblique Crunch
 ½ locust	 Long Arm Crunch	 Crunch
 Kneeling Side Plank	 Elbows and Toes	 Toe Touches

Core Fitness