






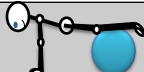







## Two by Two Stability Ball

You and		Complete Balanced Plank	
You and		Complete Table Top w/ leg extension	
You and		Complete one leg squat	
You and		Jog and Touch 3 walls	
You and		Complete Ball Crunch	
You and		Complete Leg Extension	
You and		Complete Wall Sit	
You and		Jog around the outside of the cones	

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