

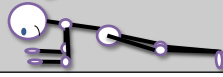












## Two by Two Core Fitness

You and		Complete Long Arm Crunch	
You and		Complete Toe touches	
You and		Complete Elbows and Toes	
You and		Jog and Touch 3 walls	
You and		Complete Bent Knee Heel Touches	
You and		Complete Bicycle	
You and		Complete Side Plank	
You and		Jog around the outside of the cones	

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