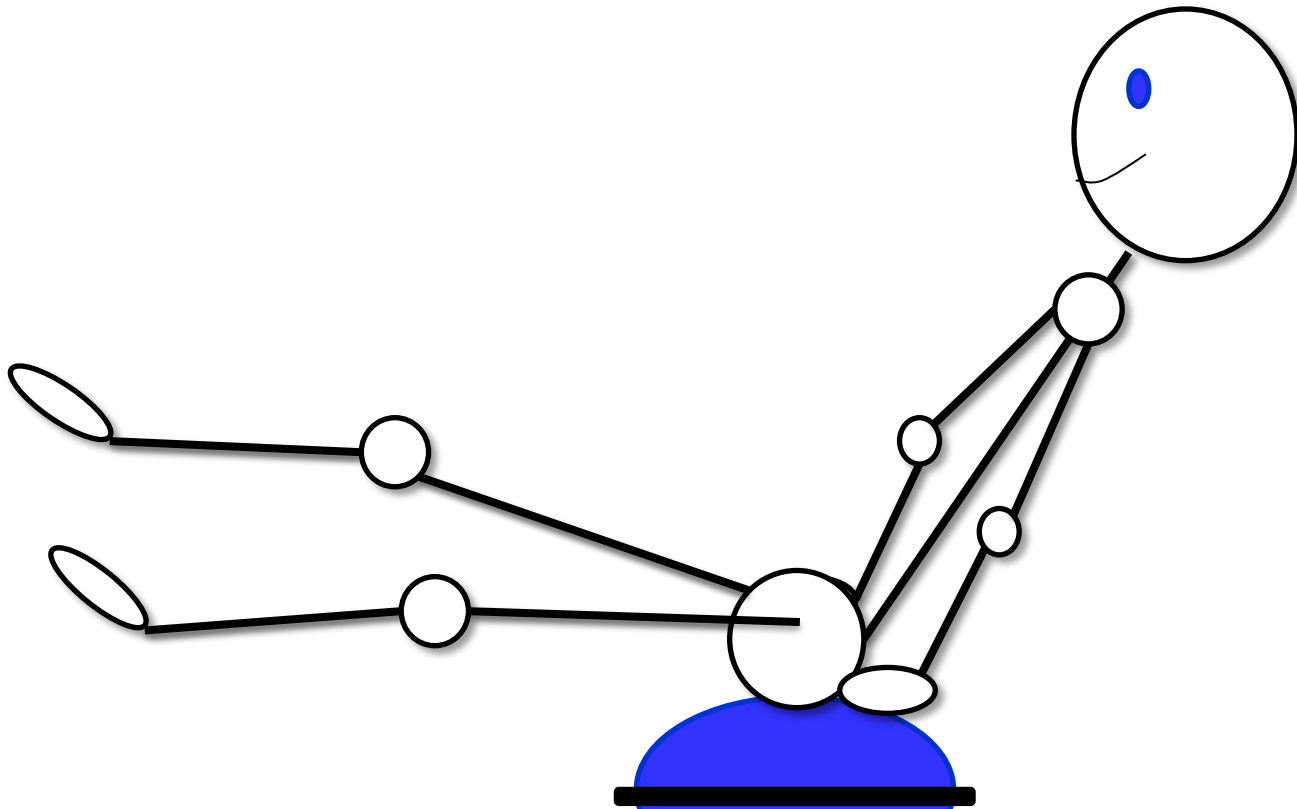
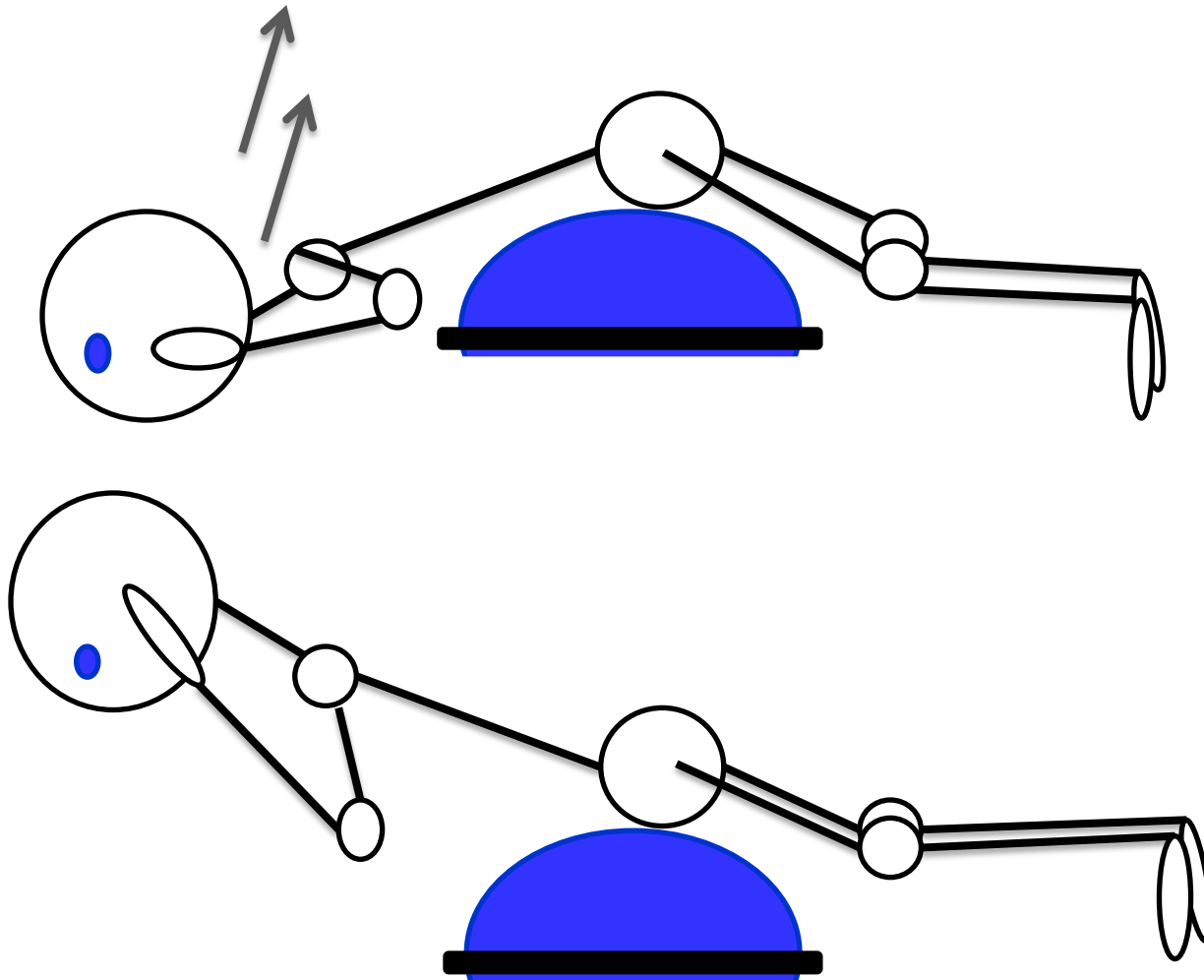


SCISSORS



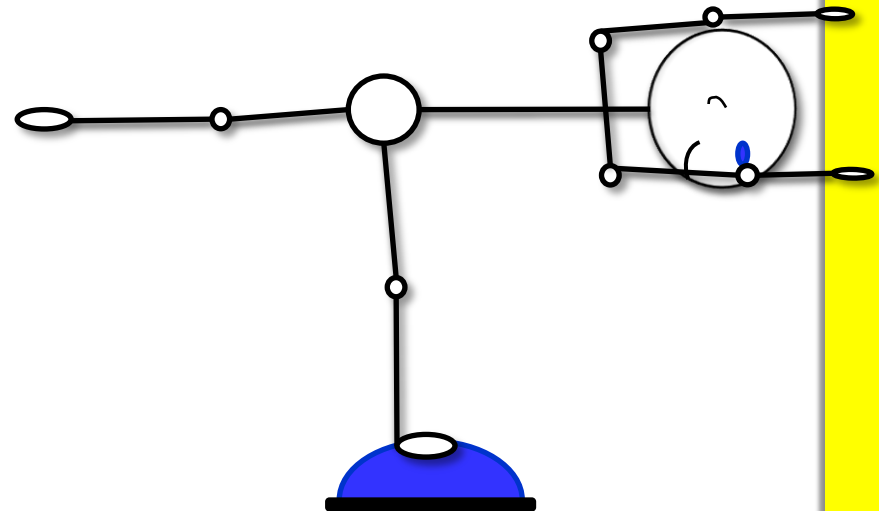
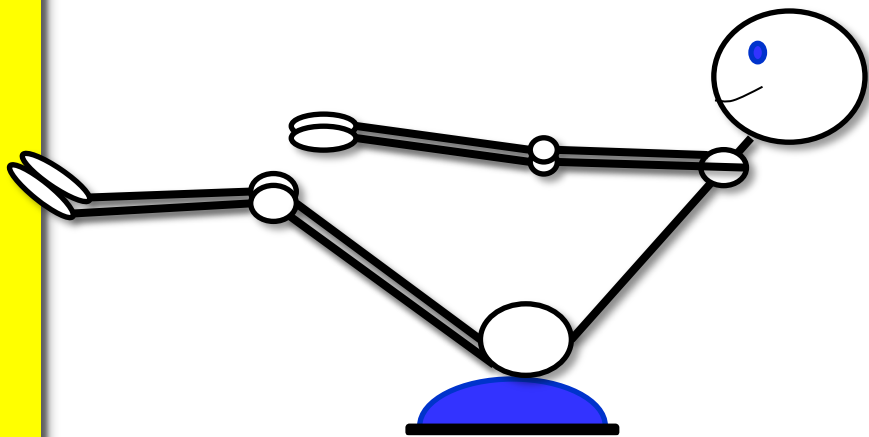
Back Extension



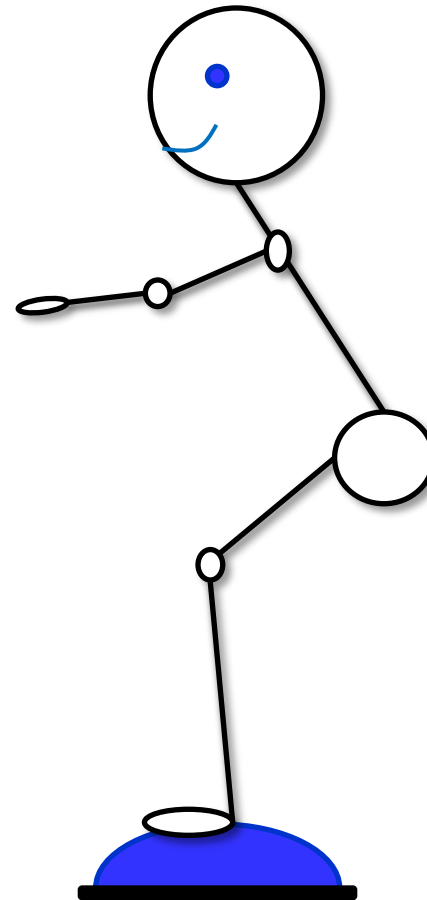
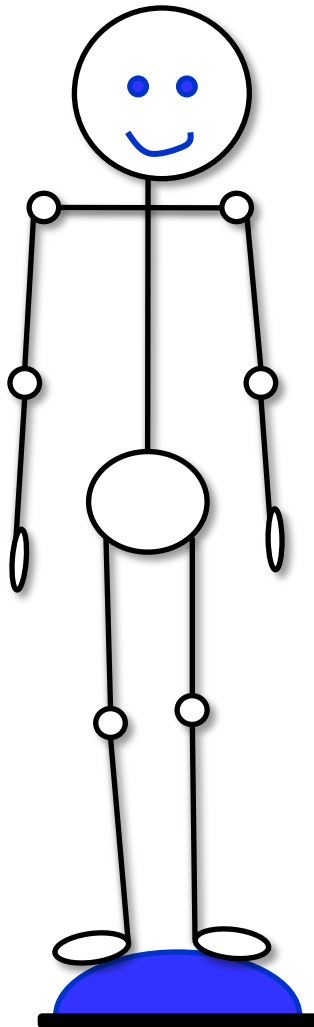
V-Sit

OR

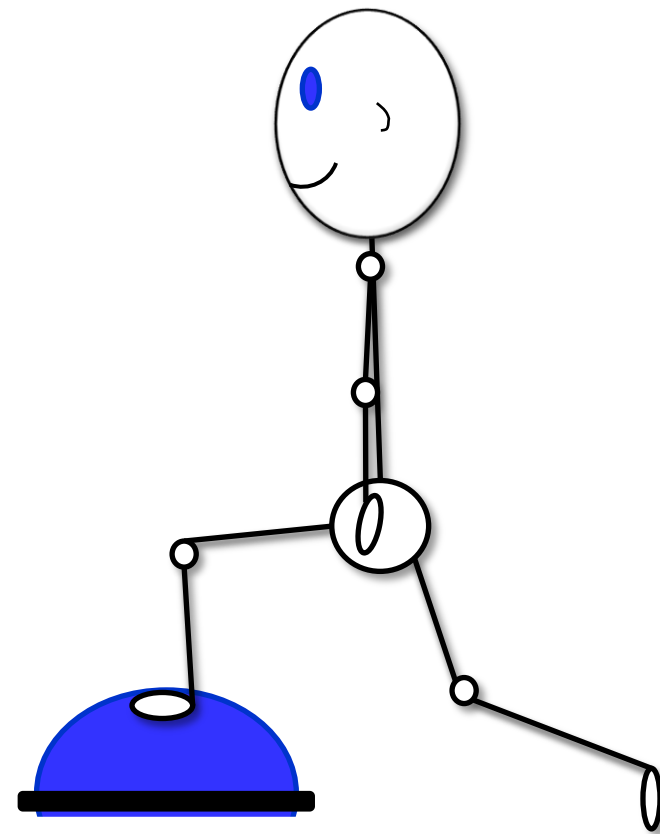
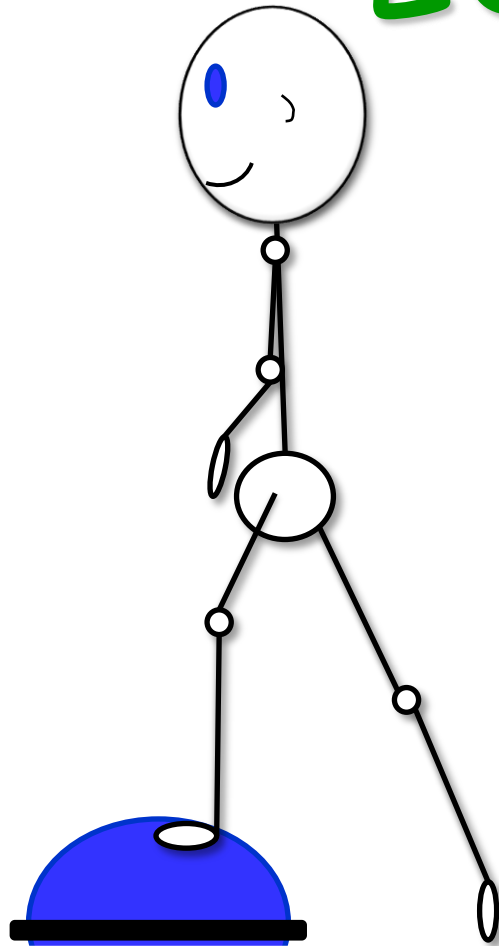
T Balance



SQUAT



LUNGE



One Leg Balance

