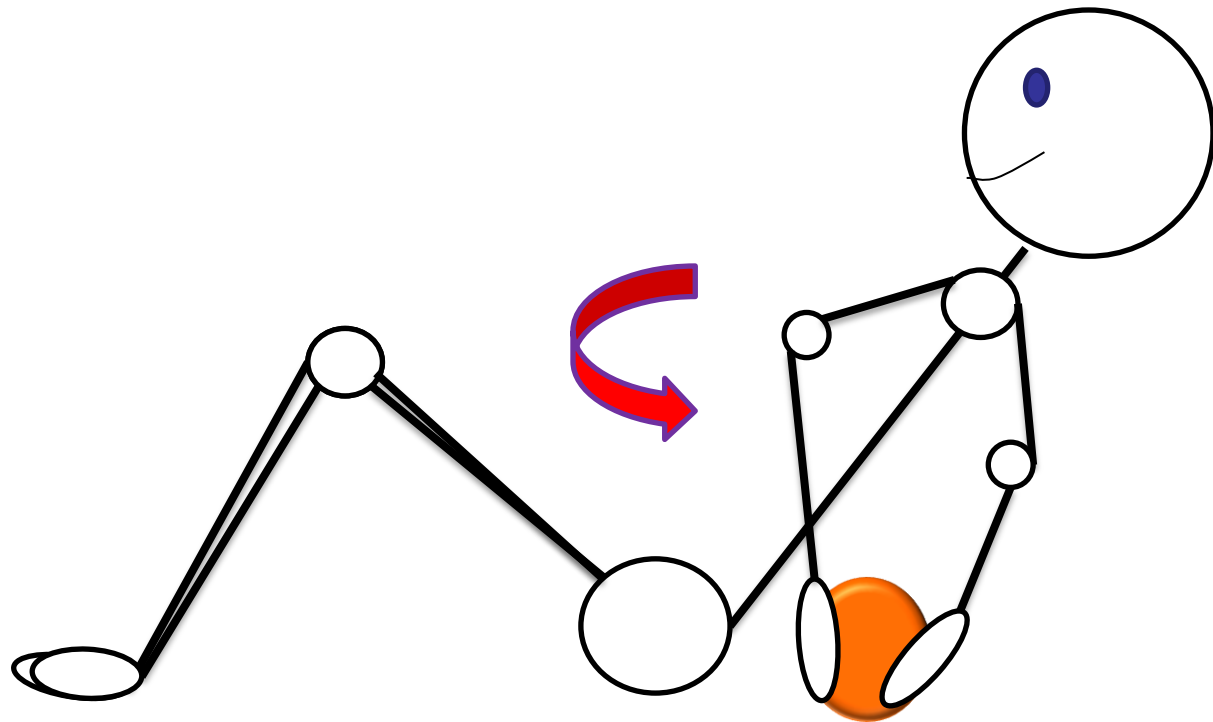
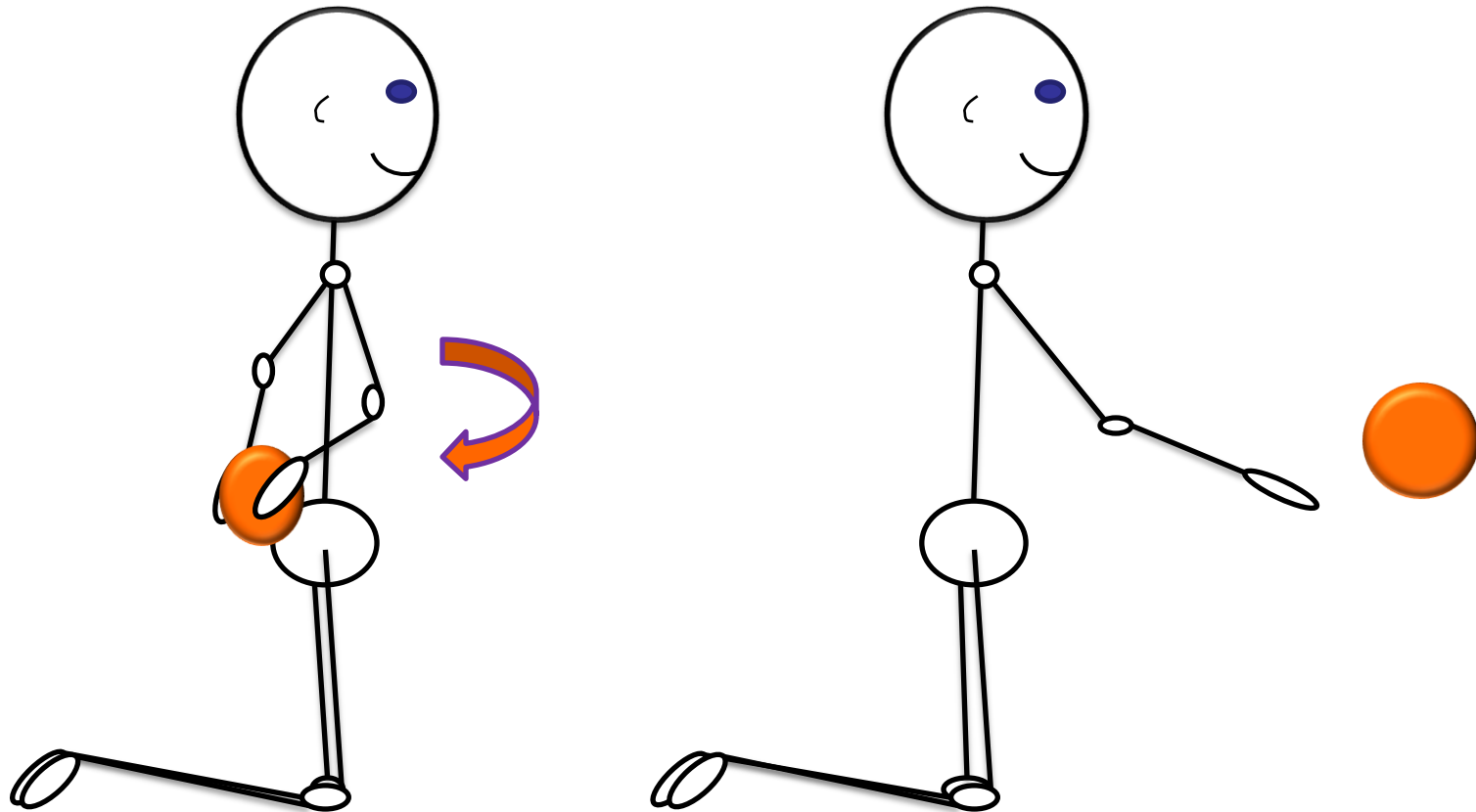


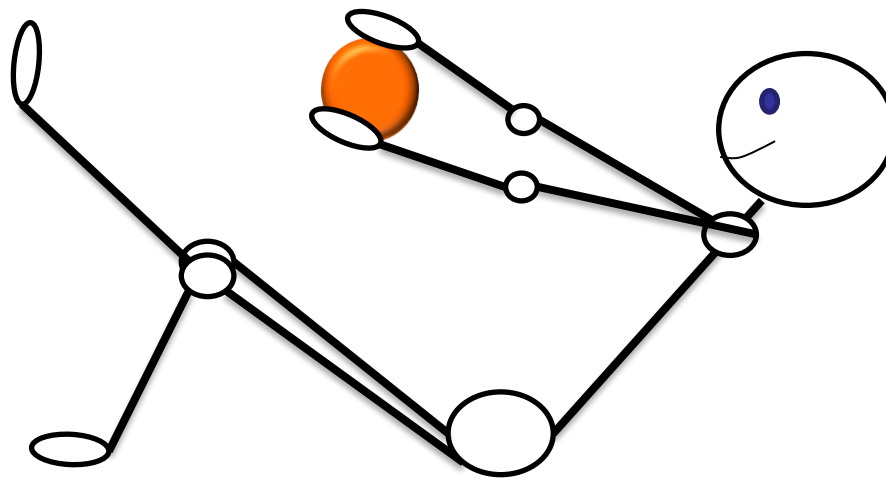
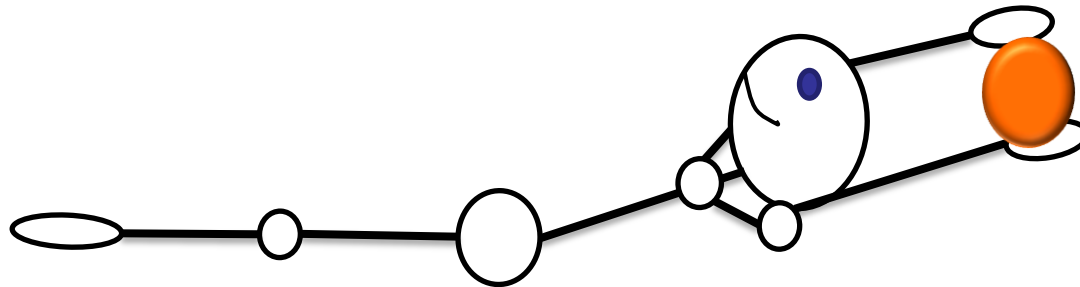
Twisting Obliques



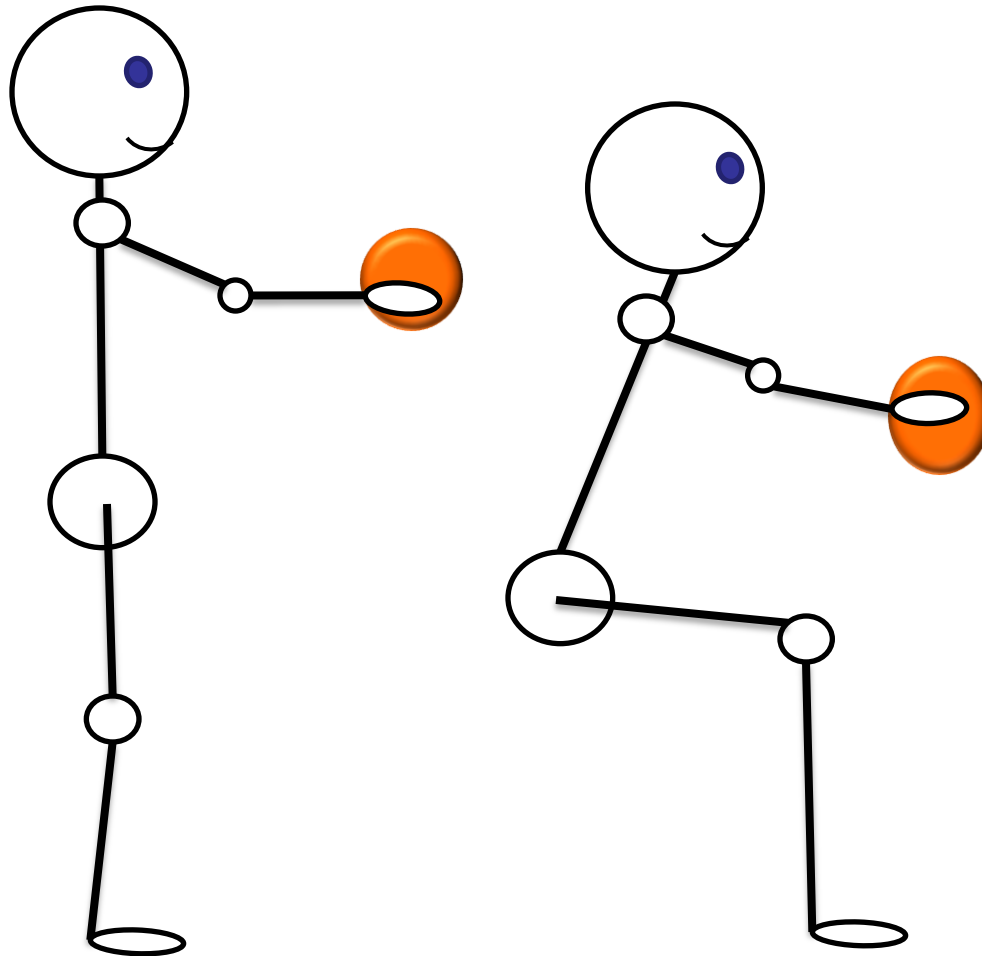
Kneeling Side Throw



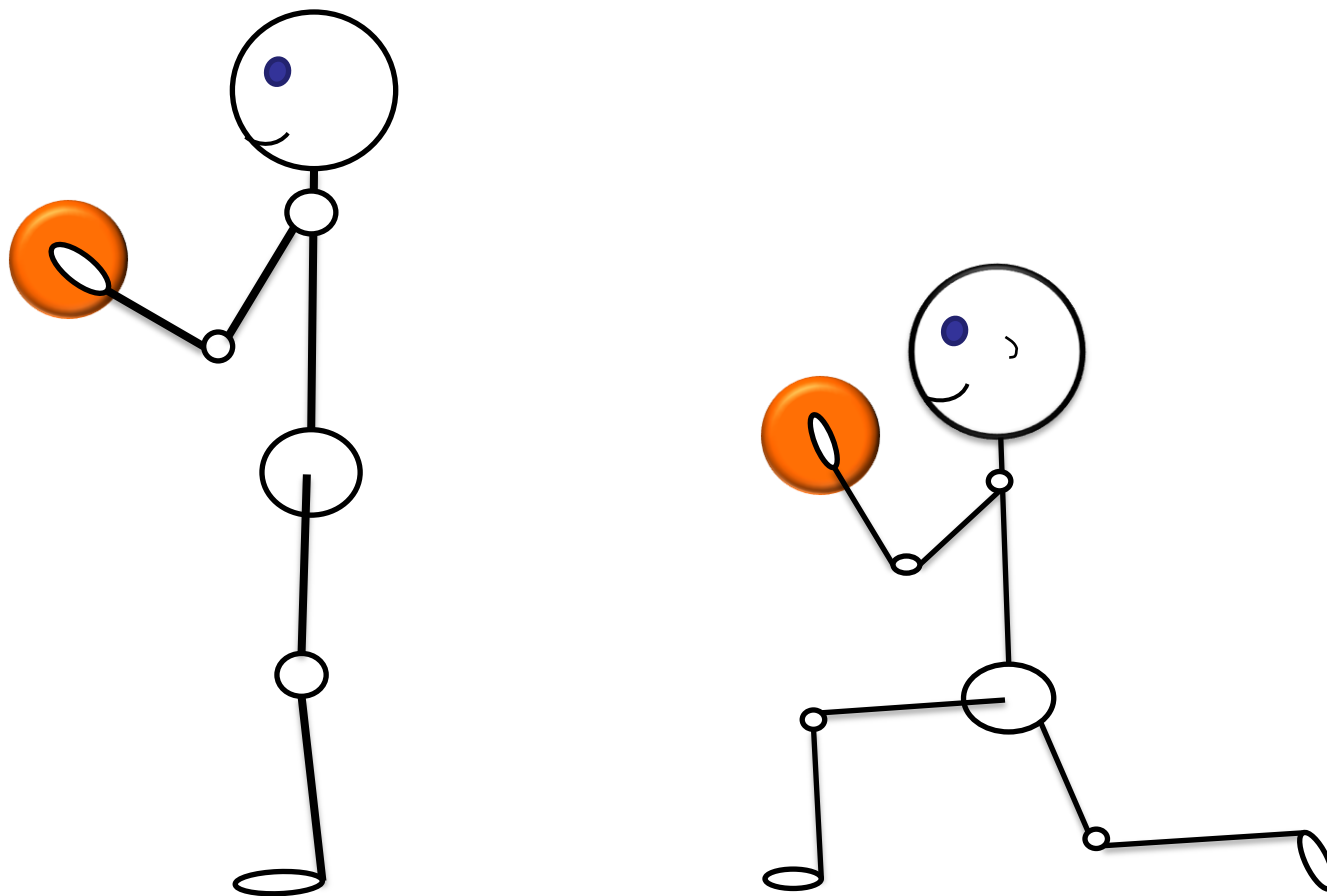
Single Leg V-UPs



SQUAT



LUNGE



CHOPS

