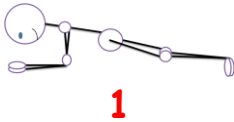


Dice Craze

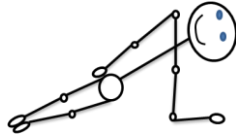
Muscular Fitness

Elbows and
Toes Plank



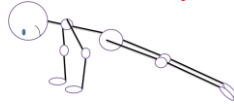
1

Side Plank



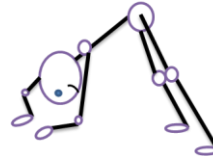
2

Push-Up



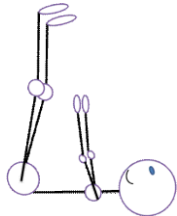
3

Pike Push-Up



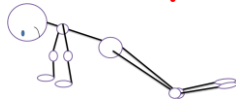
4

Toe Touches



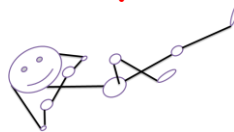
5

Bent Knee
Push-Ups



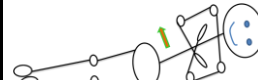
6

Bicycle



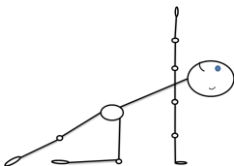
7

Side Oblique
Crunch



8

Kneeling
Side Plank



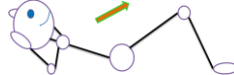
9

$\frac{1}{2}$ Locust



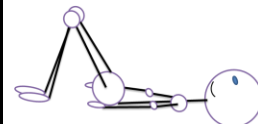
10

Crunch



11

Bent Knee
Heel Touch



12