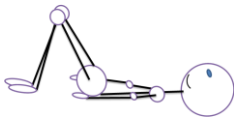


Dice Craze

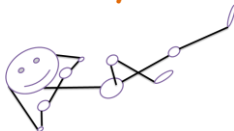
Core Fitness Fun

Heel Touch



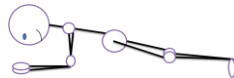
1

Bicycle



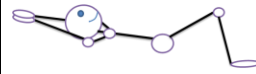
2

Elbow Plank



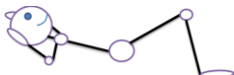
3

Long Arm Crunch



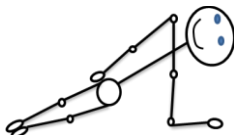
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Crunch



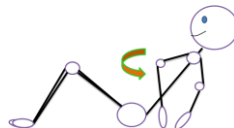
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Side Plank



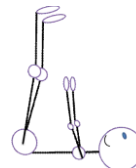
6

Oblique Crunch



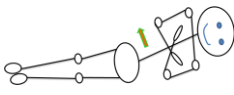
7

Toe Touches



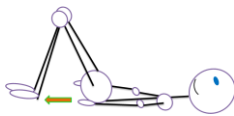
8

Side Oblique Crunch



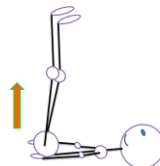
9

Alternate Heel Touches



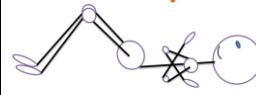
10

Vertical Leg Crunch



11

Sit-up



12