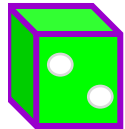
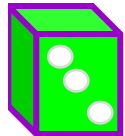
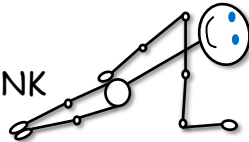


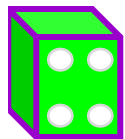
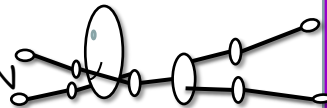
CRUNCH
10 seconds



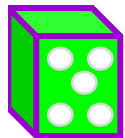
SIDE PLANK



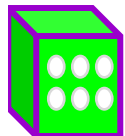
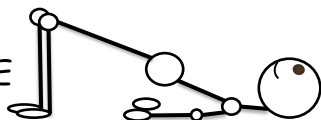
SUPERMAN



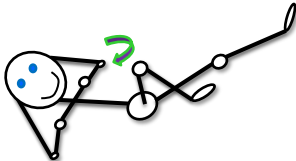
CROCODILE



BRIDGE



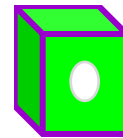
BICYCLE



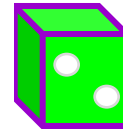
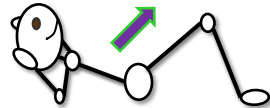
ROLLER



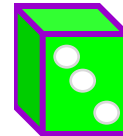
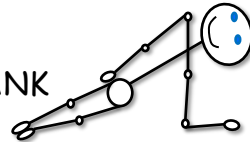
BARREL



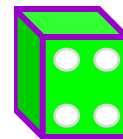
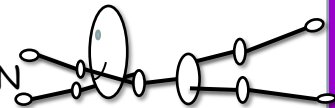
CRUNCH
10 seconds



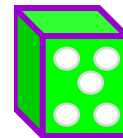
SIDE PLANK



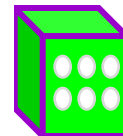
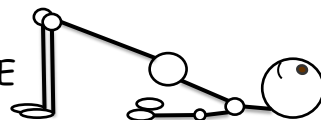
SUPERMAN



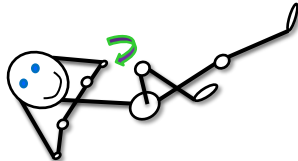
CROCODILE



BRIDGE



BICYCLE



ROLLER



BARREL