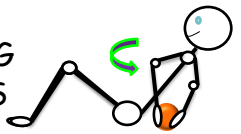
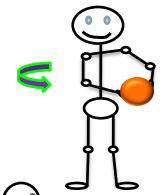
TWISTING OBLIQUES
10 repetitions

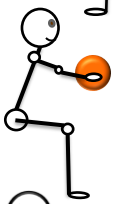


FRONT REACH

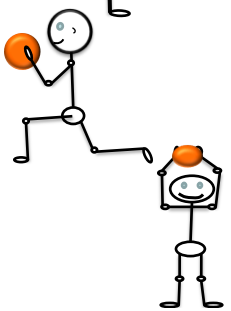
TWIST



SQUAT



LUNGE

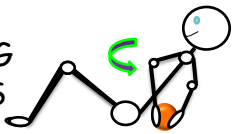


CHOPS

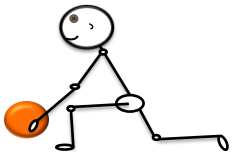
ROLLER DERBY

EMC

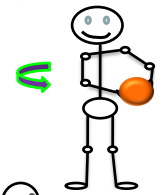
TWISTING OBLIQUES
10 repetitions



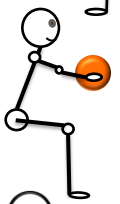
FRONT REACH



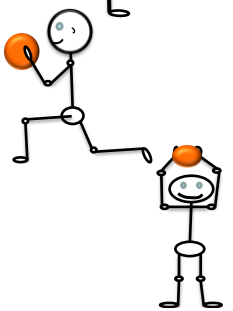
TWIST



SQUAT



LUNGE



CHOPS

ROLLER DERBY

EMC