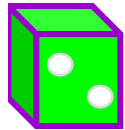
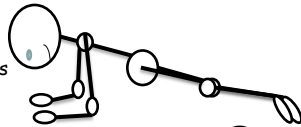
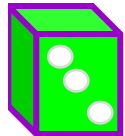
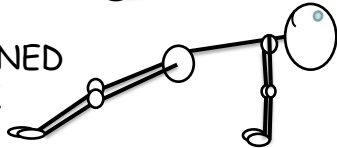


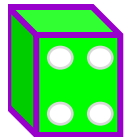
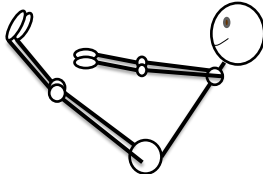
ELBOWS &
TOES 10 seconds



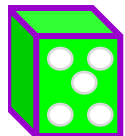
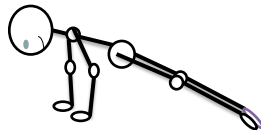
INCLINED
PLANK



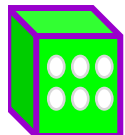
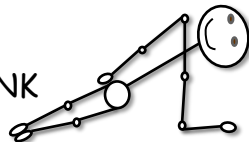
BOAT



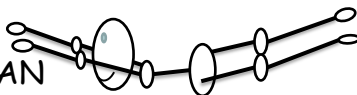
PUSH-UP



SIDE PLANK



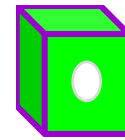
SUPERMAN



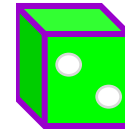
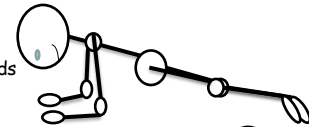
ROLLER



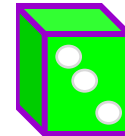
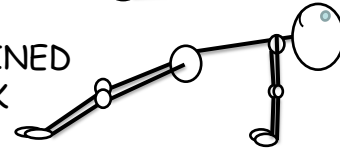
BARREL



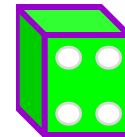
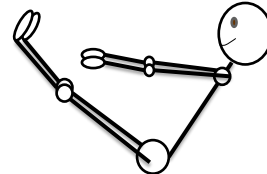
ELBOWS &
TOES 10 seconds



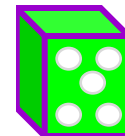
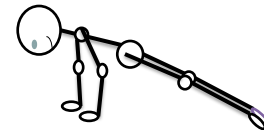
INCLINED
PLANK



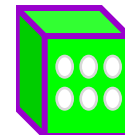
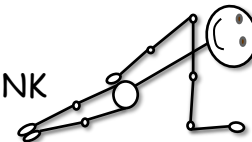
BOAT



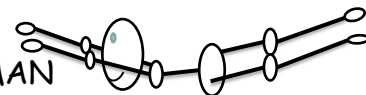
PUSH-UP



SIDE PLANK



SUPERMAN



ROLLER



BARREL