



ELBOW PLANK



RIGHT SIDE PLANK



LEFT SIDE PLANK



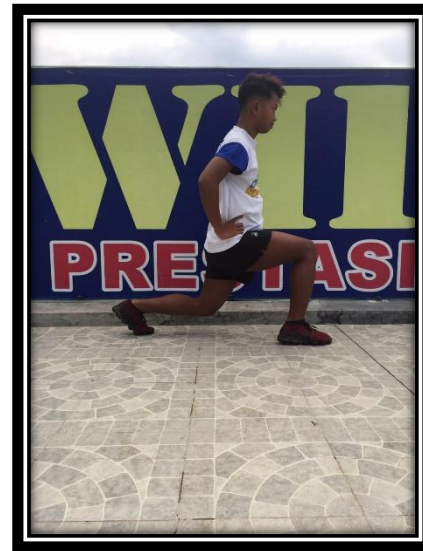
WALL SIT



WALL SIT



WALKING LUNGES



WALKING LUNGES



LEG RAISES



LEG RAISES



LEG RAISES



BRIDGE



BRIDGE



BALANCING TABLES



BALANCING TABLES