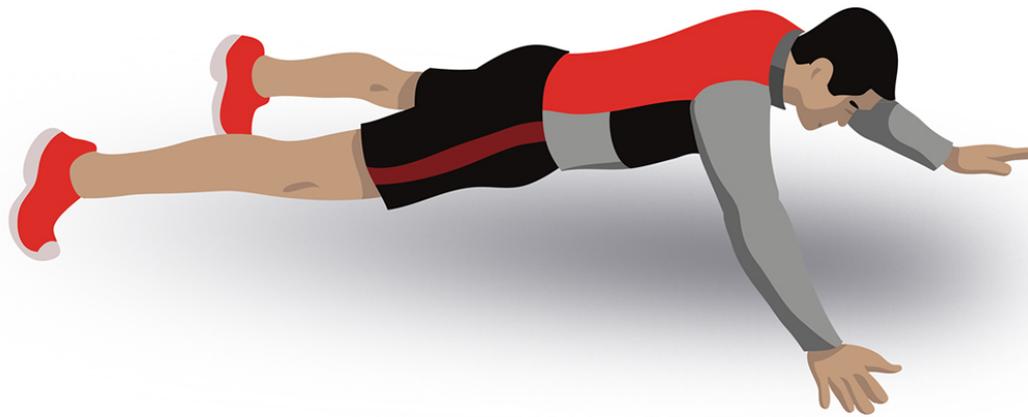


Wall Sits



Star Plank



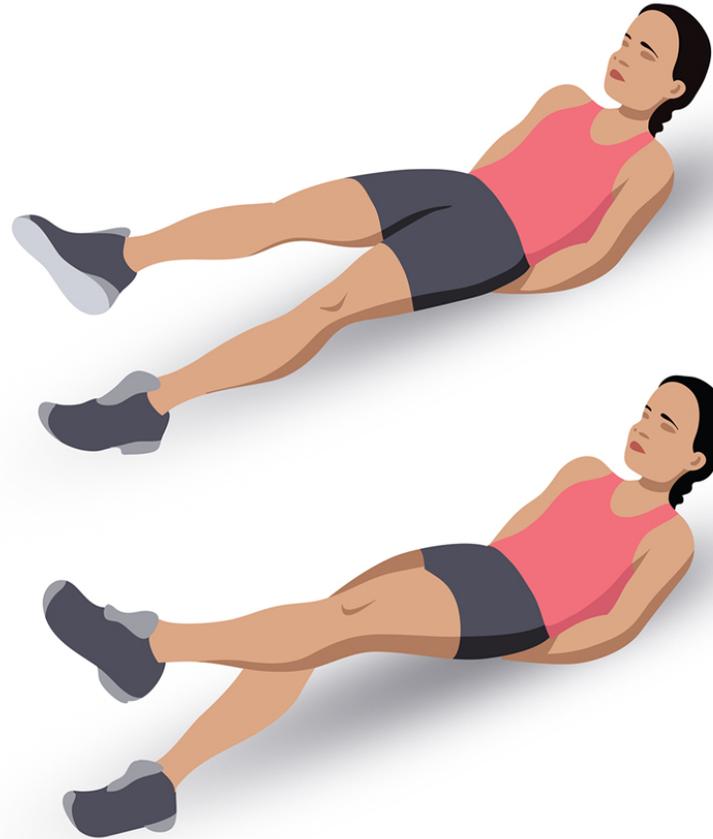
Sitting Twists



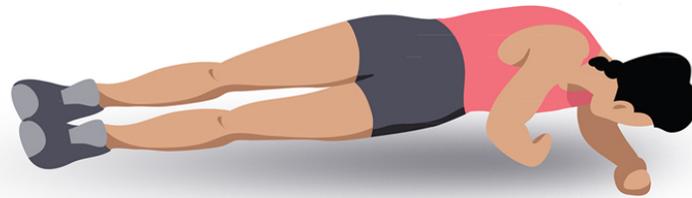
Sit Ups



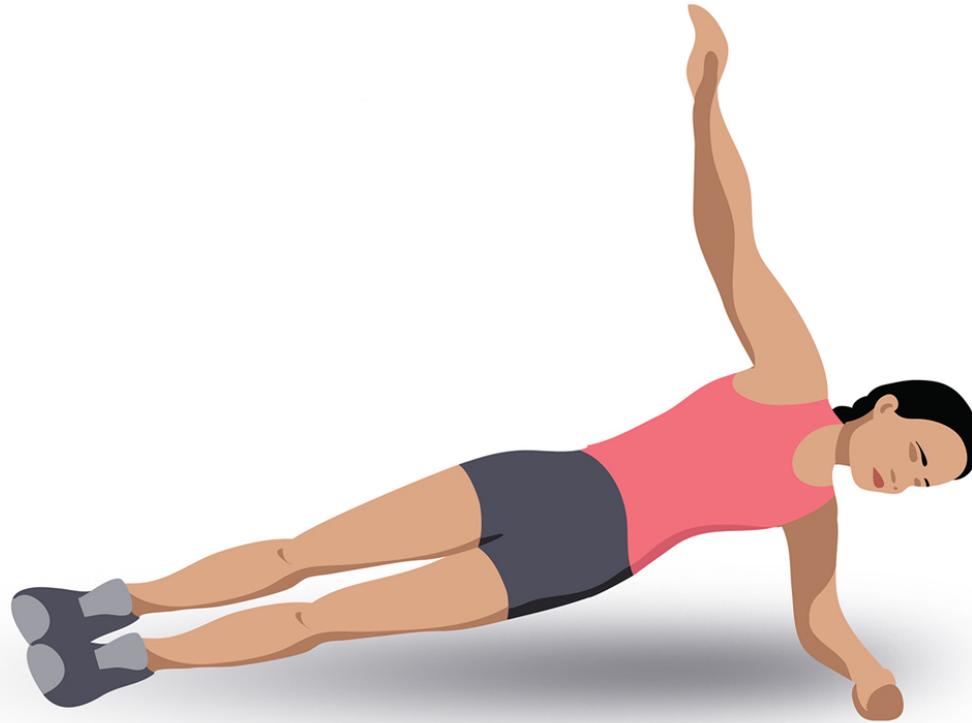
Scissors



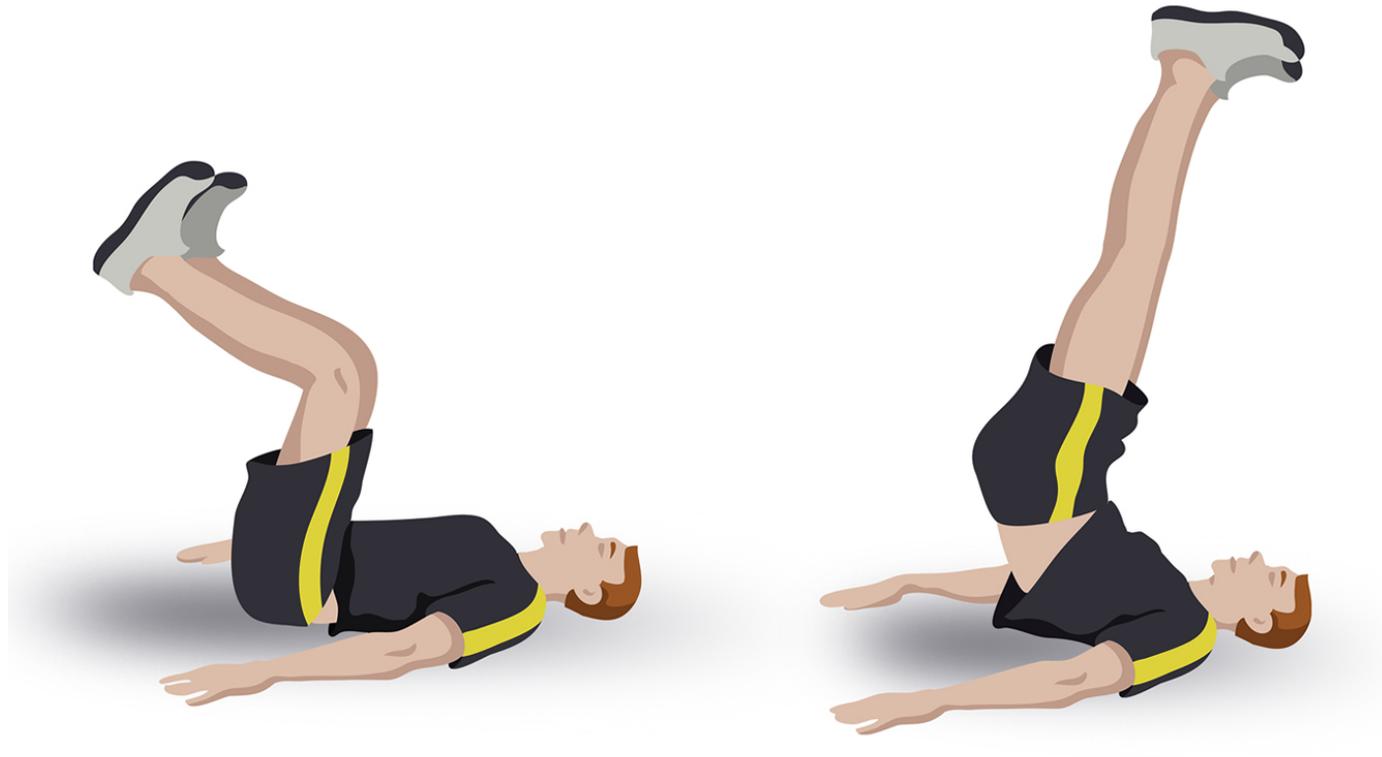
Side Plank Rotation



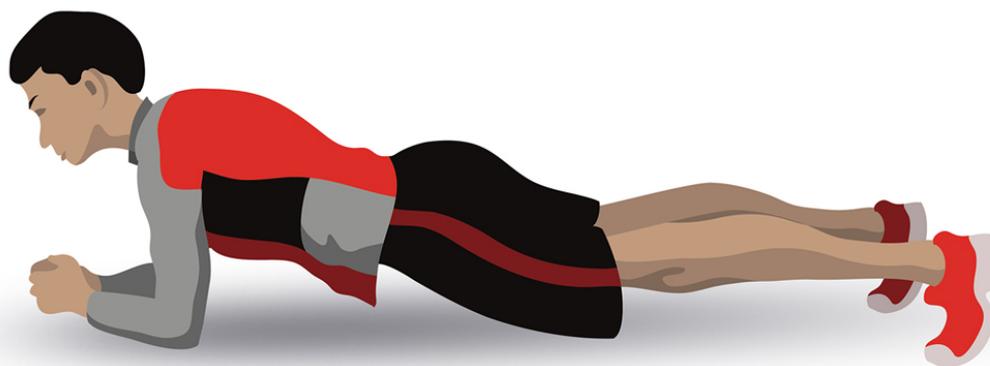
Side Plank



Reverse Abdominal Curl



Plank



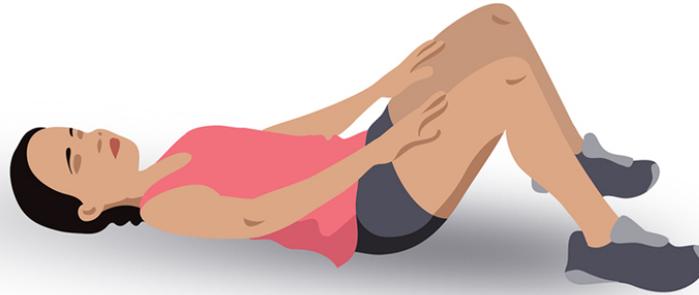
Obliques



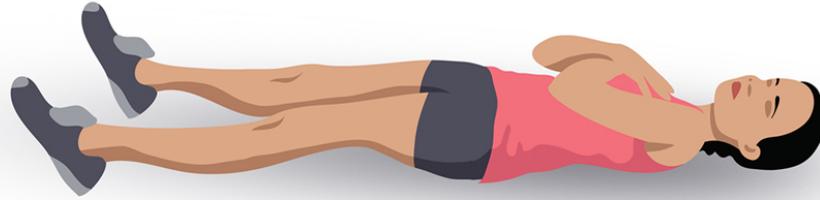
Jumping Ts



Abdominal Crunches



Alternate V Sits



Bridge



Star Jumps



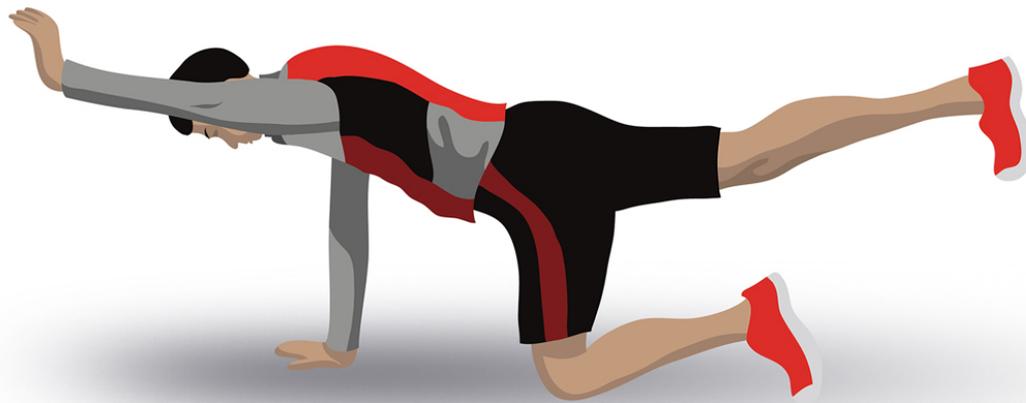
Burpees



Bycicle Crunches



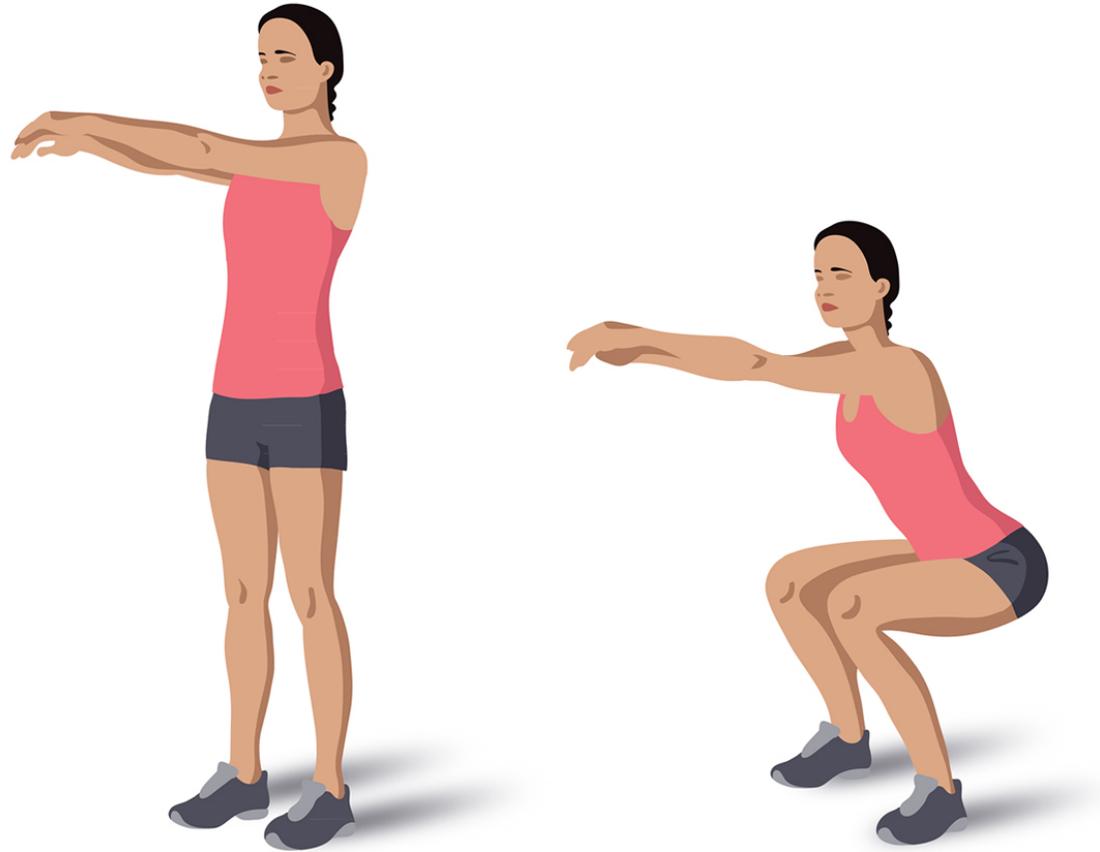
Superman



Straight Leg Raise



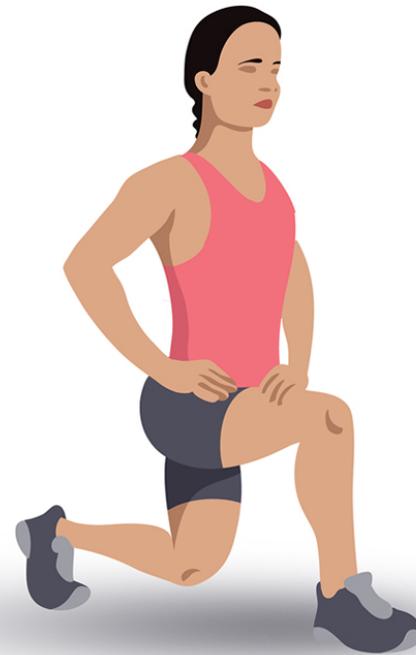
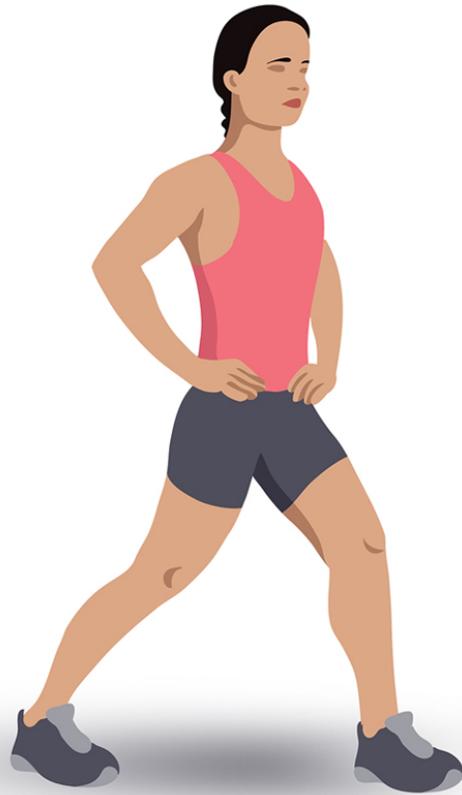
Squat



Squat Jumps



Split Squats



Split Squats



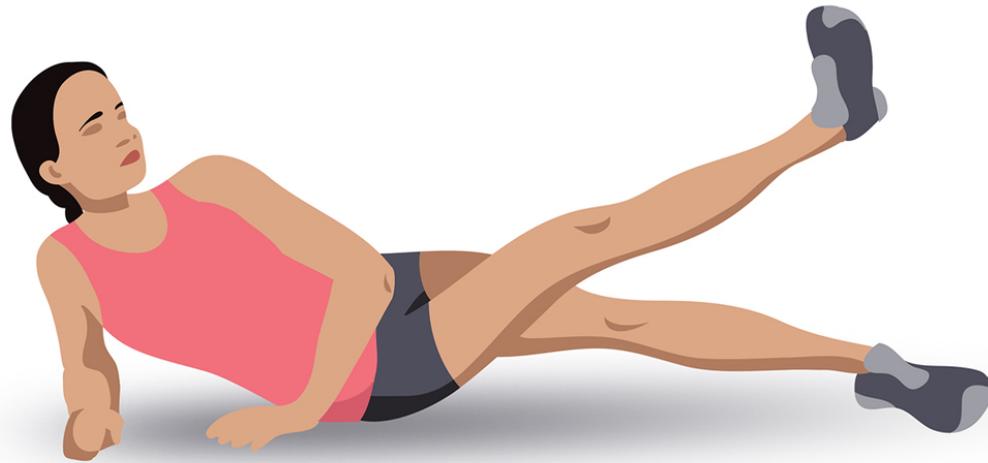
Single Leg Squat



Side To Side Lunges



Lying Abductors



Lying Abductors



Lunges



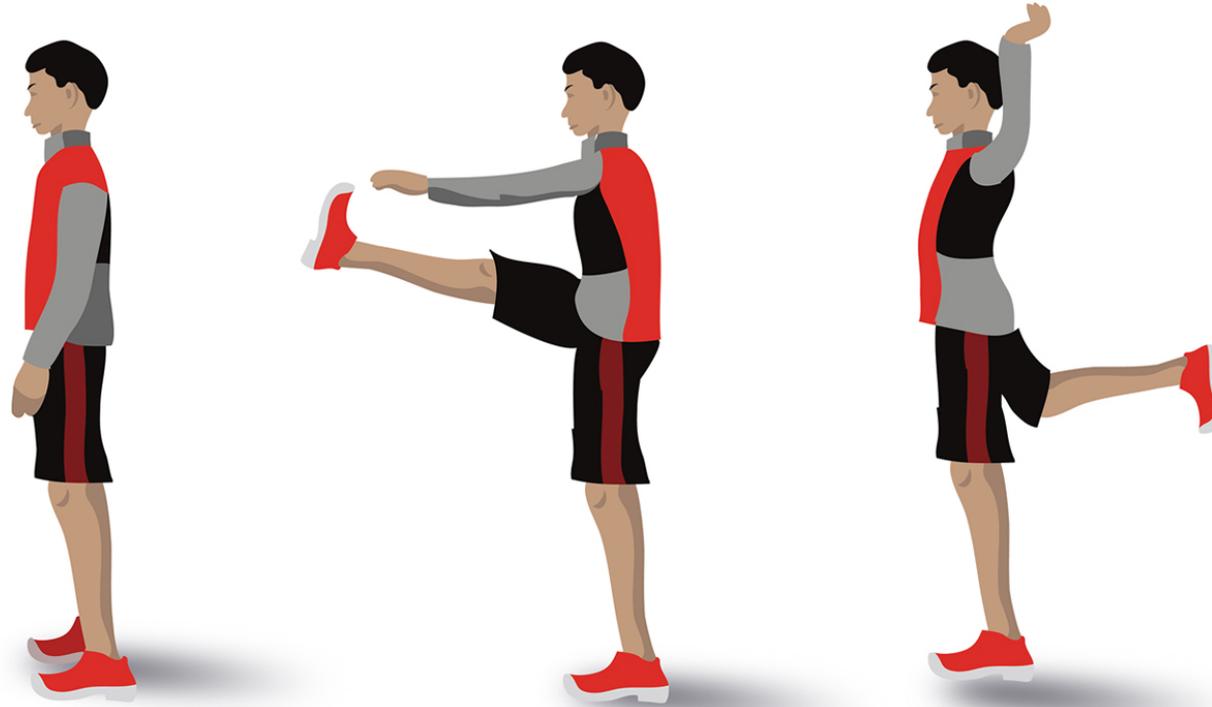
Lounge



Leg Raises



Leg Lifts



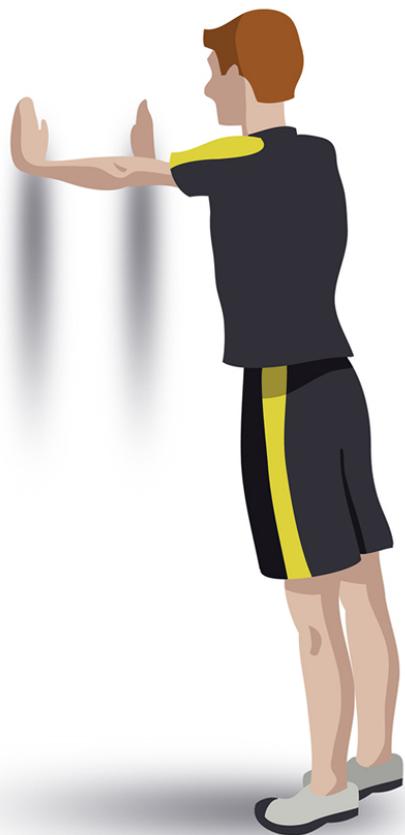
Kick Backs



Calf Raises With A Bent Knee



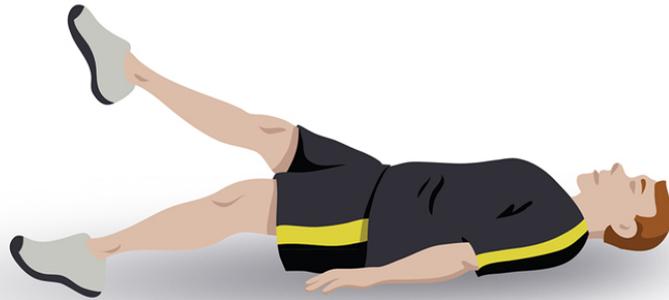
Calf Raises



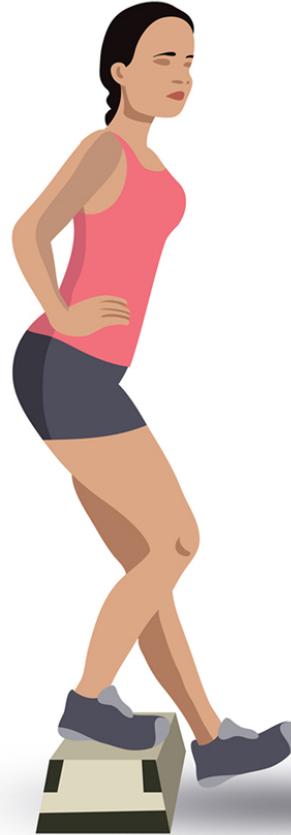
Lunges



Flutter Kicks



Heel Drops



High Knee Sprints



Hip Abduction



Hip Adduction



Iron Cross



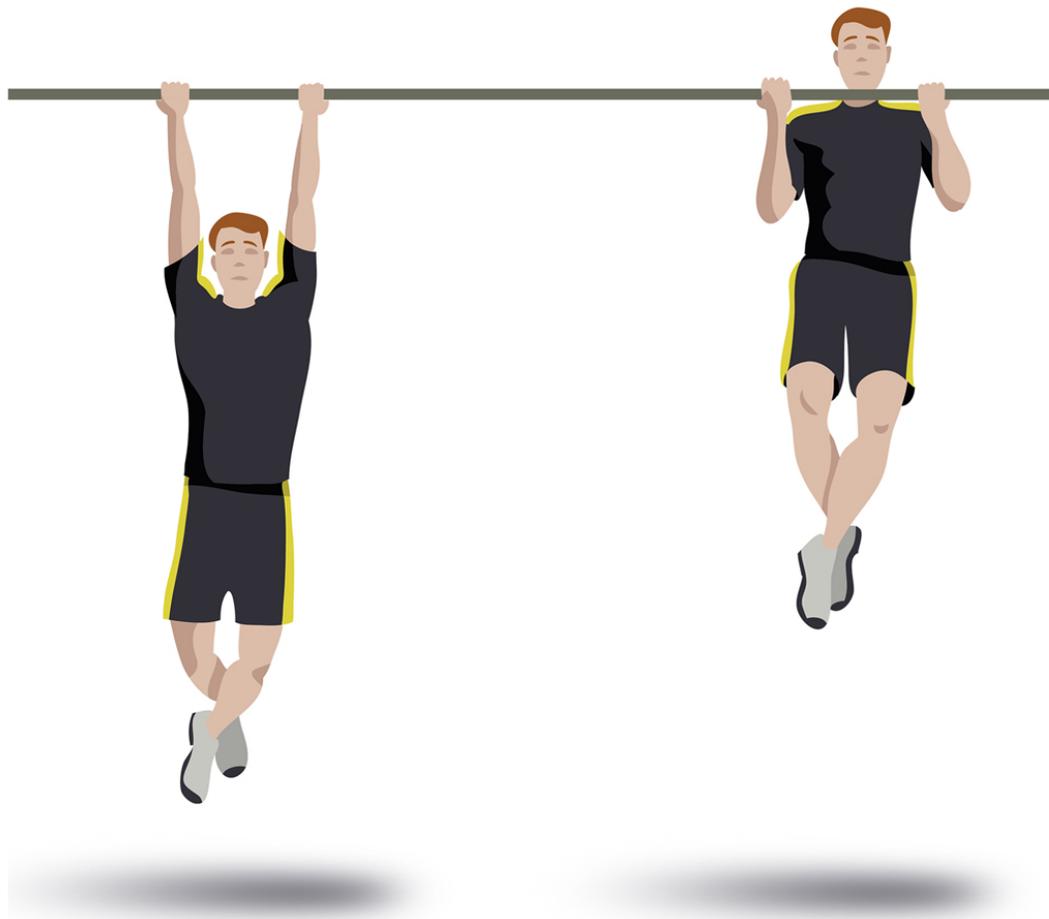
Toe Raises



Turning Kicks



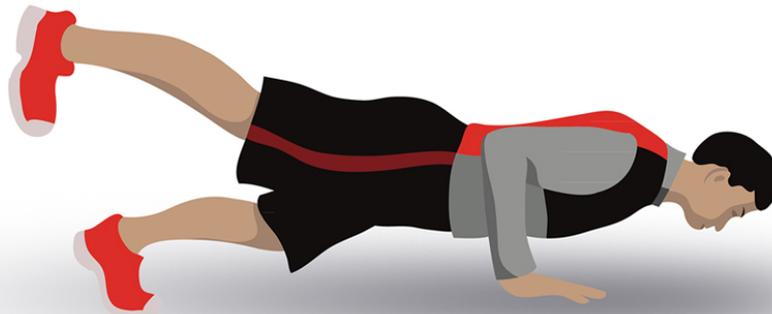
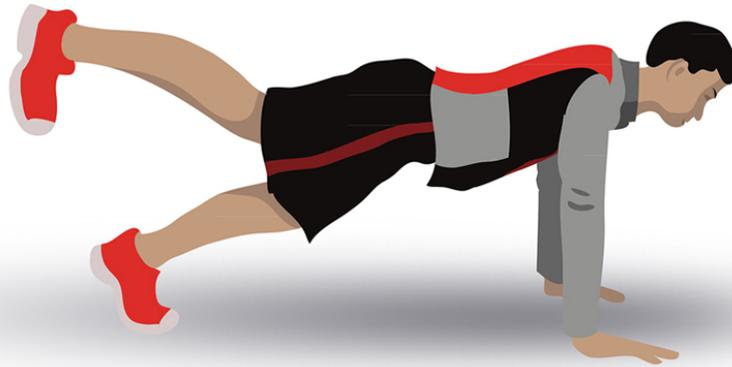
Chin Ups



Seated Dips



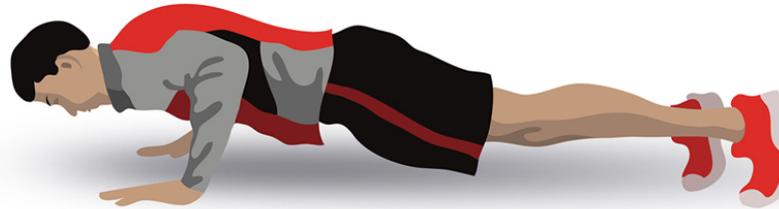
Raised Legs Push Ups



Punches



Press Ups



Long Arm Crunches



Wide Grip Push Ups

