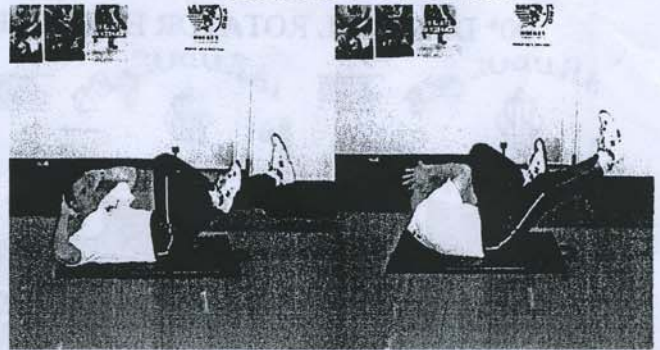


ABDOMINAL EXERCISES

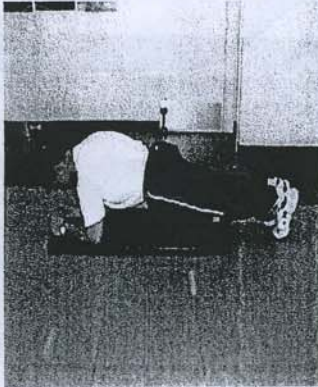
AB BALL PLATE CRUNCH



BICYCLE CRUNCH



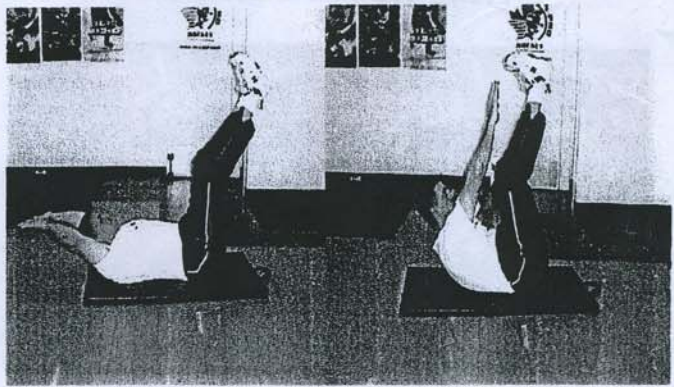
FRONT PLANKS



SIDE PLANKS



V - CRUNCH



AB BALL KNEE TUCKS

