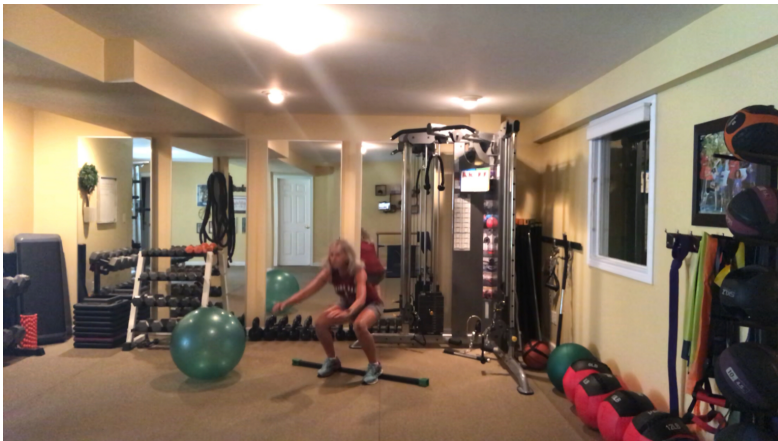




Sit ups reach up



Elevated heel squats



Slow sit ups