

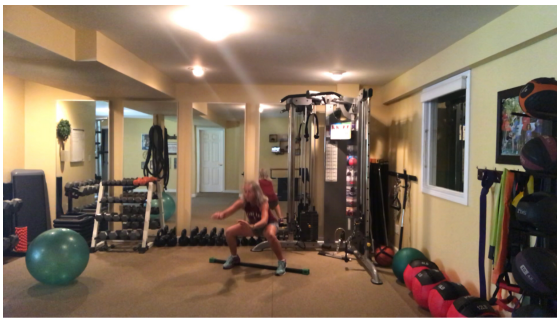
# ELEVATED SQUATS & CORE



Close squats



Sit up w/side reach



Wide squats w/knee lift

