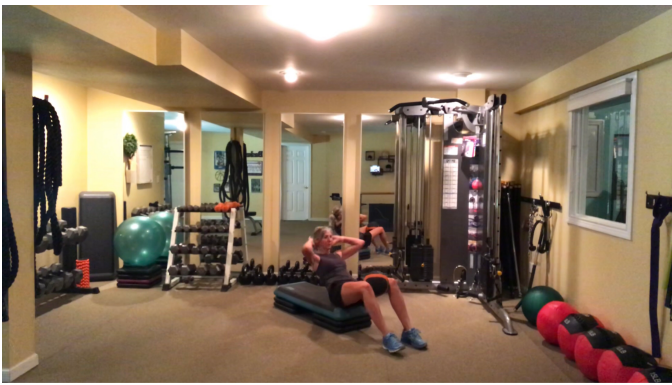


Abs and Core



One straight leg bridge



Sit-ups with medicine ball



Side lunge w/chop

