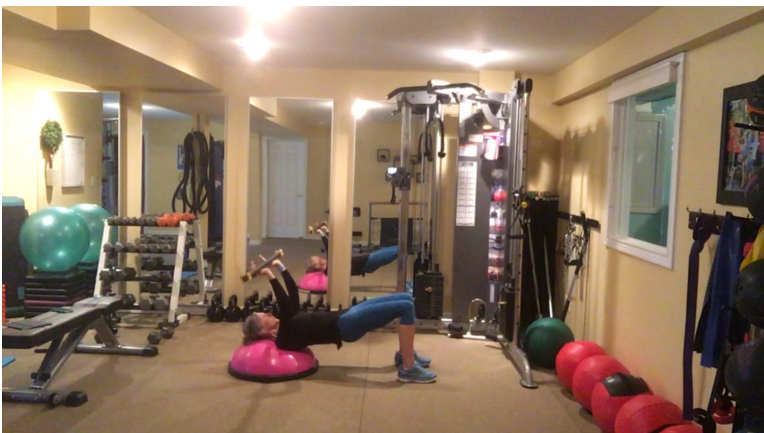




Rocking plank



Step up w/knee lift



Bridge w/skull
crusher