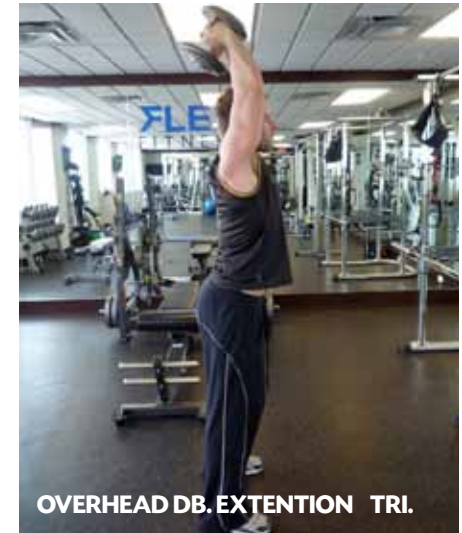




BI (BICEPS) CON'T / TRI (TRICEPS)



ABS



BALL PLANK

ABS.



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V SIT-UPS

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V SIT-UPS

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RUSSIAN TWISTS

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RUSSIAN TWISTS

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