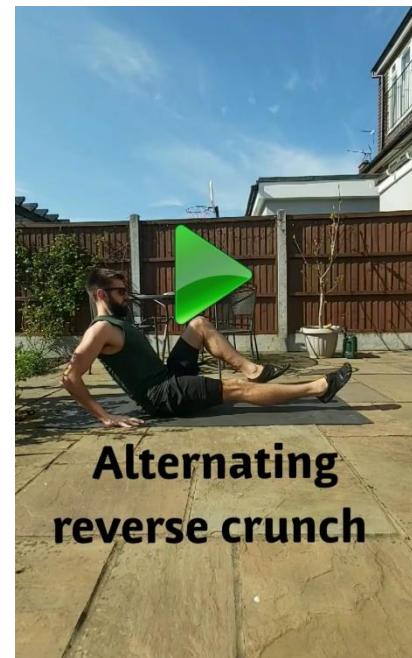
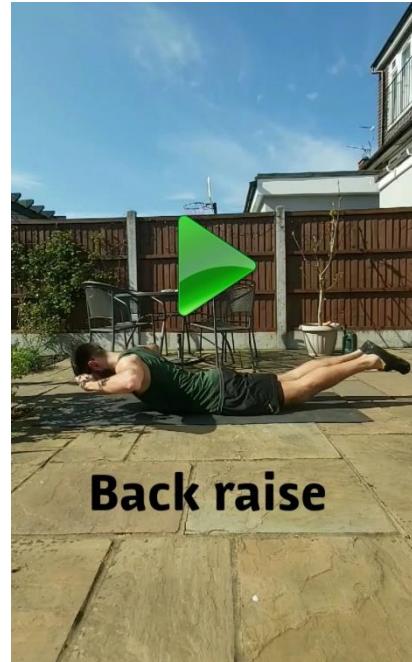


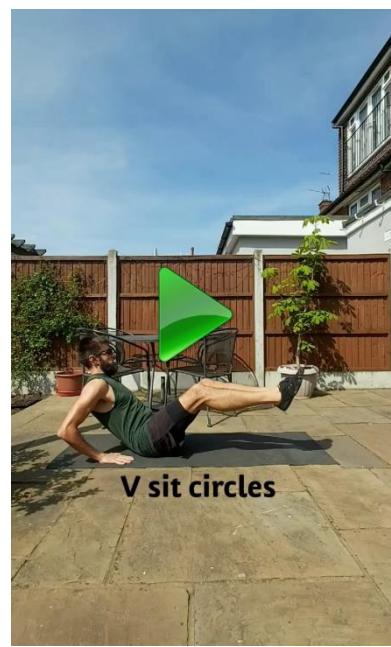
MOVE BETTER FEEL BETTER

EXERCISE LIBRARY

CORE

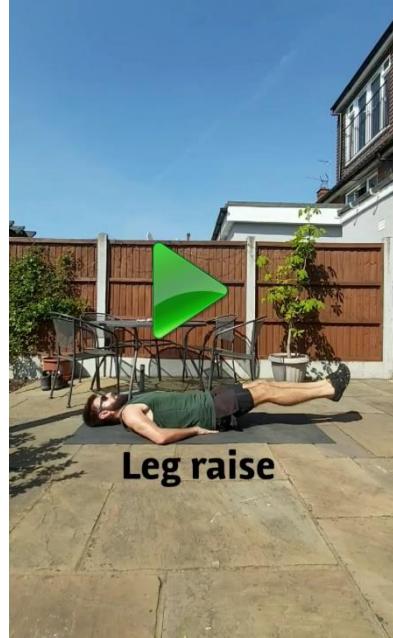








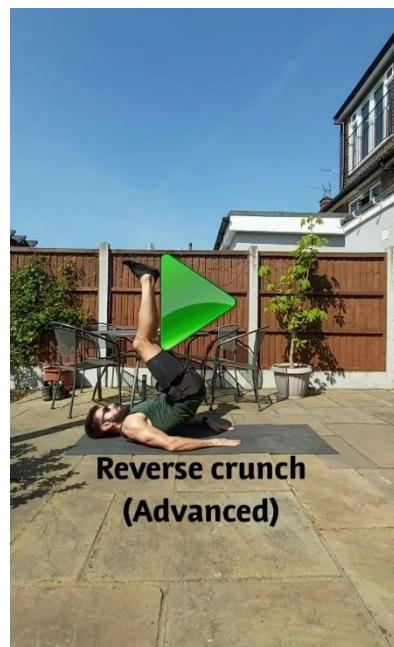
Scissor kicks



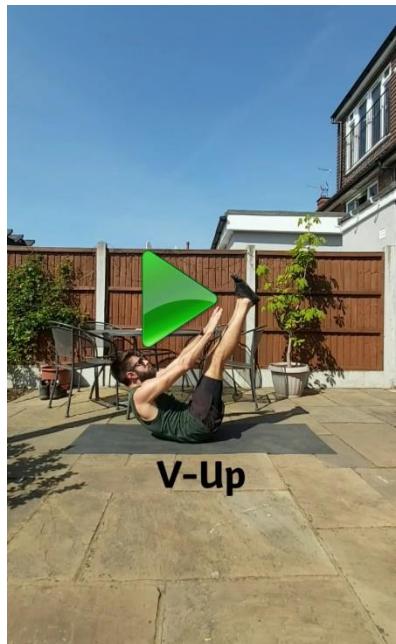
Leg raise

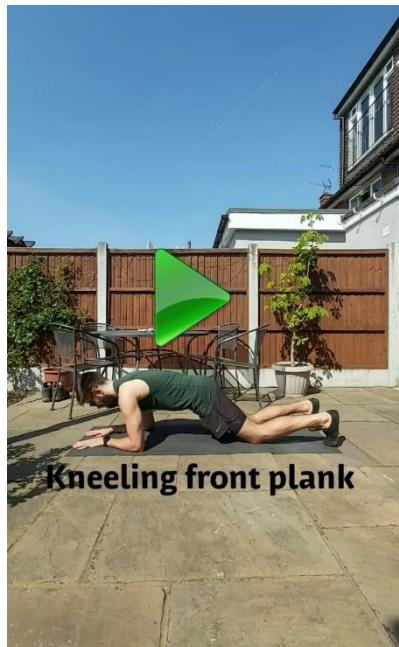


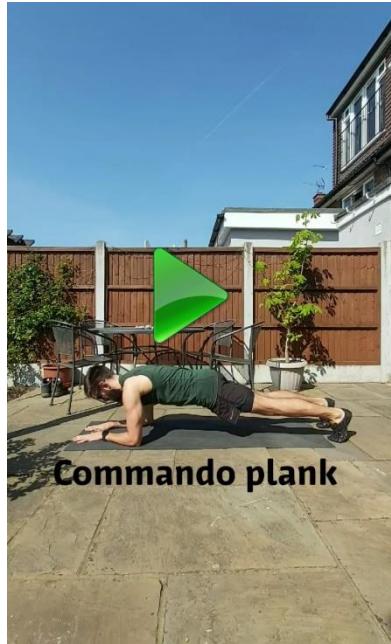
Reverse crunch



**Reverse crunch
(Advanced)**







Commando plank



Oblique crunch



Side plank abduction



Kneeling side plank



Side plank hold



Side plank reach



Side plank crunch



Windshield wiper



Russian twist