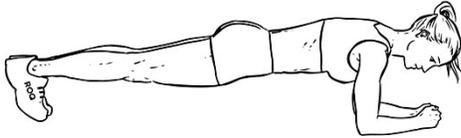
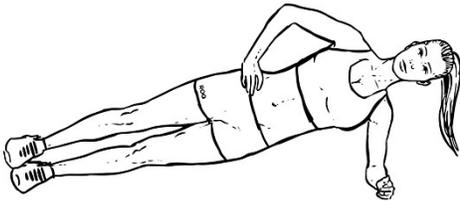


Core

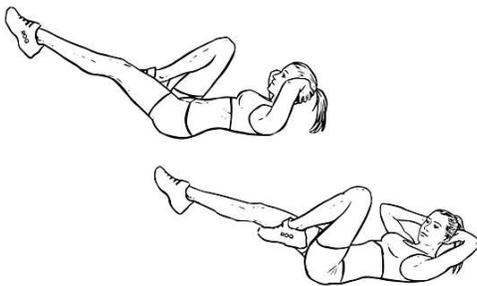
1. Front Plank



2. Side Plank (each side)

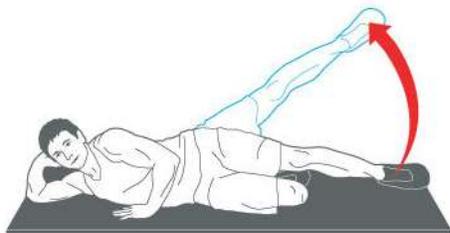


3. Bicycles

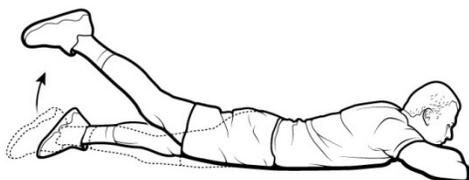


Hips

1. Laying Abductions (each leg)

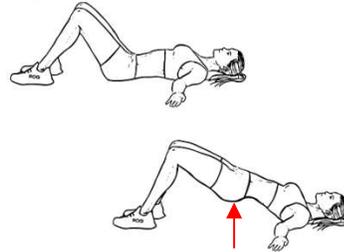


2. Laying (prone) Hip Extensions

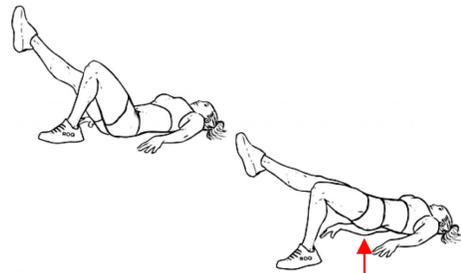


Glutes

1. Bridges



2. One Legged Bridges (each leg)



Upper Back

1. Y's



2. T's

