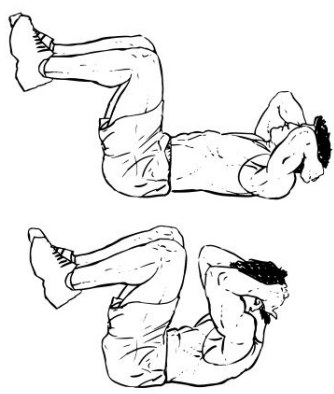
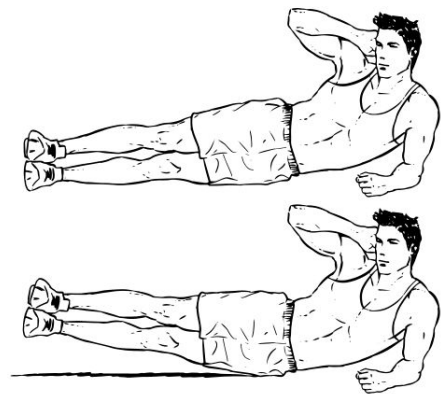


Double Crunch



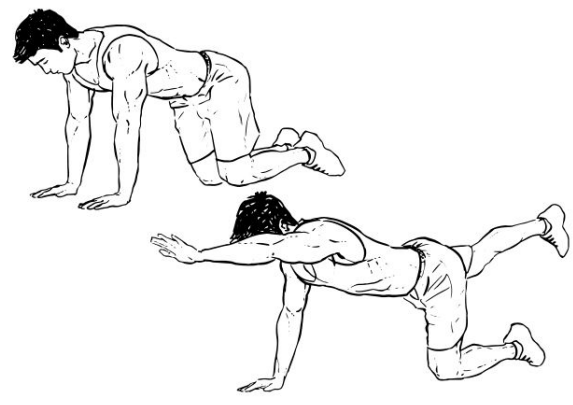
40 reps

Double Side Jackknife



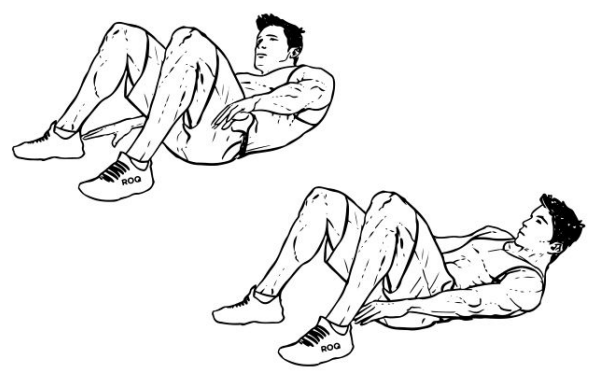
20 reps

Bird Dogs / Alternating Reach & Kickback



20 reps

Alternate Heel Touchers / Lying Oblique Reach



40 reps