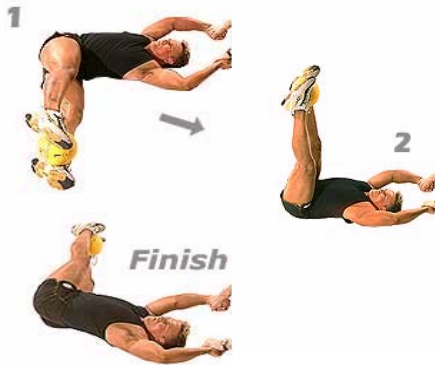


Core Stability Exercises

Ankle Russian Twist with Medicine Ball



Dynamic Balance-Challenge both sides



Reverse Crunch on Swiss Ball



Press Up on Medicine Ball



Seated Twist with Medicine Ball



Oblique Crunches with Medicine Ball



Hip Raises



Side Crunches



Quad Pull-ins



Crunches



Superman/woman



Kneeling Twist



Side Flexion with Medicine Ball



Seated Balance



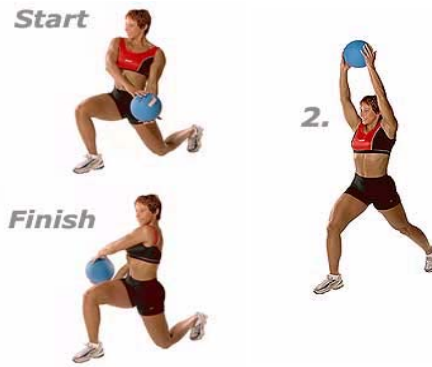
Reverse Abdominal Curl



Crunch and Throw to Partner



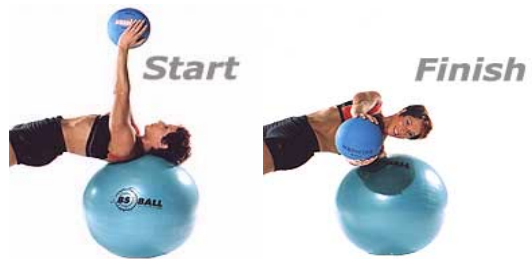
Lung & Crossover



Squat & Press Medicine Ball



Russian Twist



Medicine Ball Pass with Partner



Wood Chop with Medicine Ball

