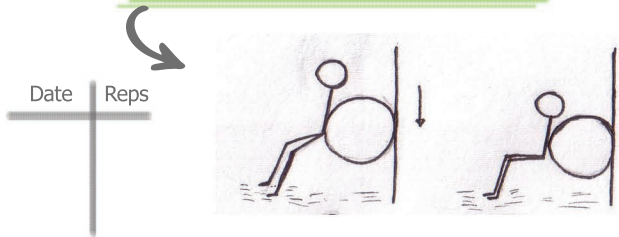
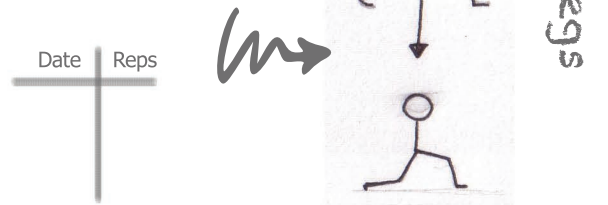


1. Ball Wall Squat



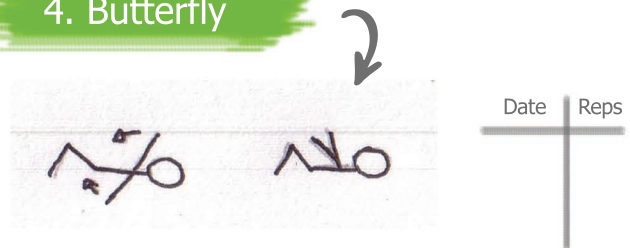
2. Stationary Lunges



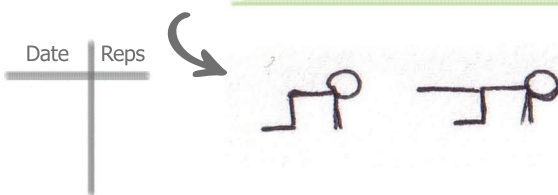
3. Push Ups



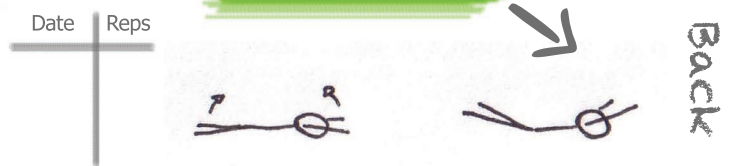
4. Butterfly



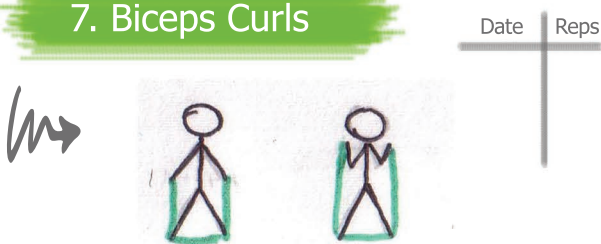
5. Back Balance



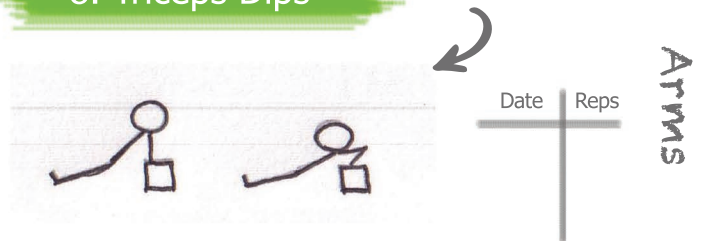
6. Superman



7. Biceps Curls



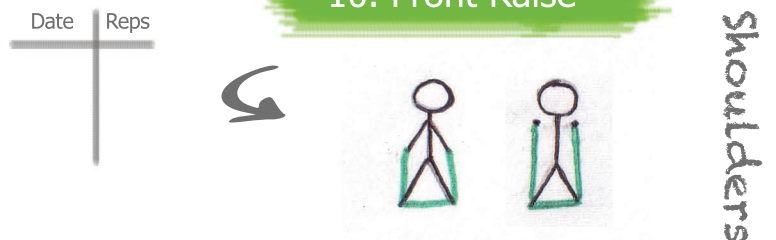
8. Triceps Dips



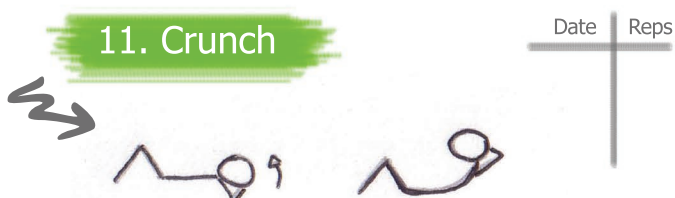
9. Lateral Raise



10. Front Raise



11. Crunch



12. Plank

