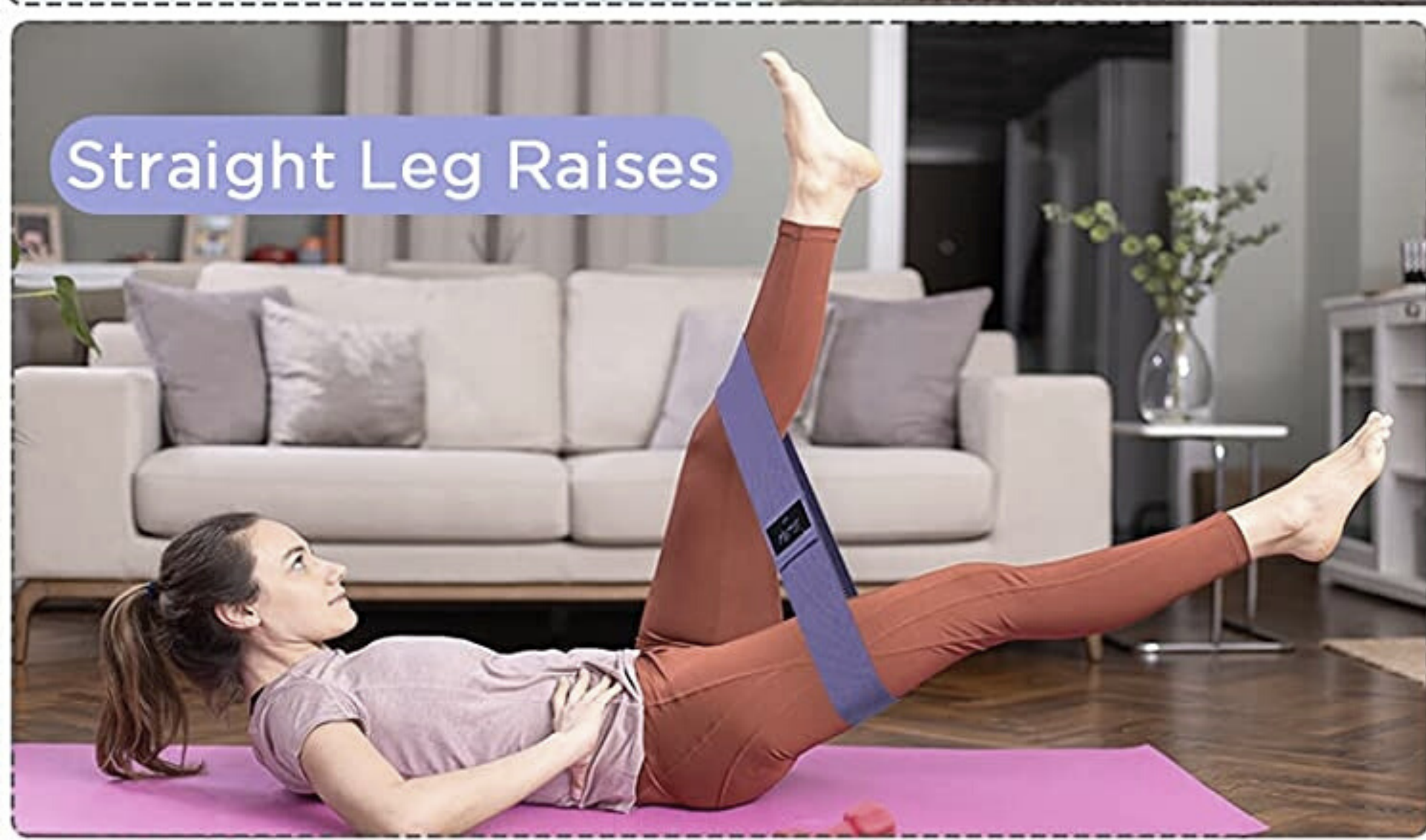




Donkey Kicks



Straight Leg Raises



Crunches



Squats



Stretching



Lunges