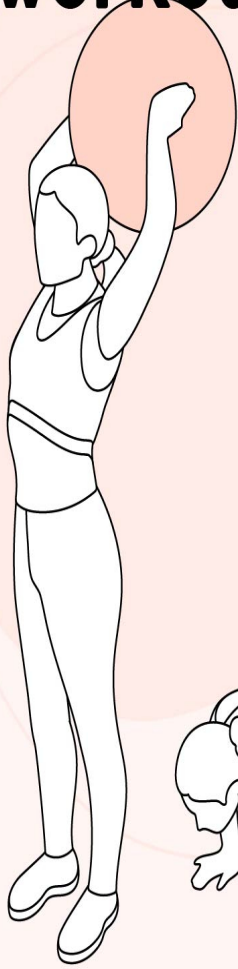
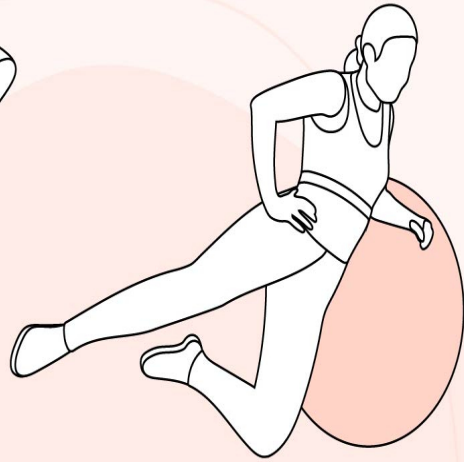


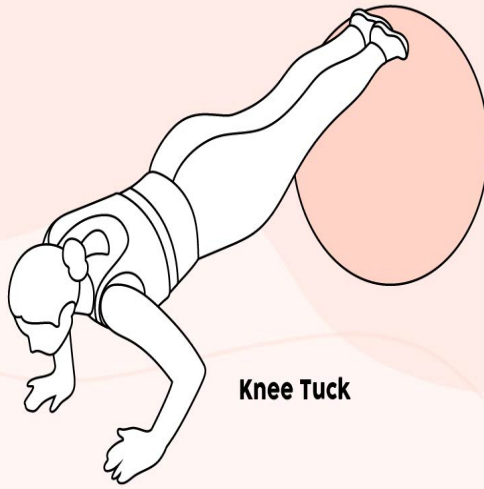
Exercise Ball Workout



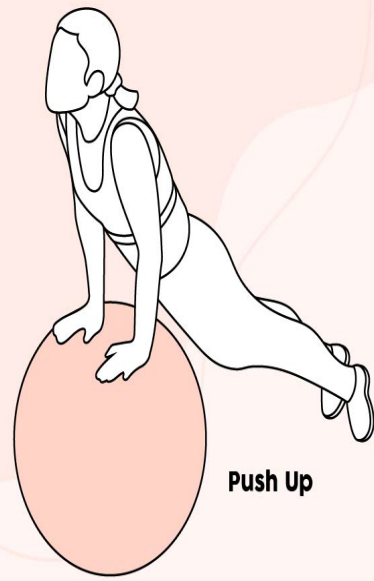
Ball Crunch



Abductor



Knee Tuck



Push Up