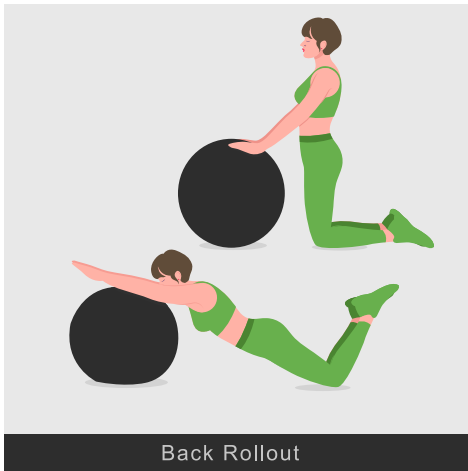
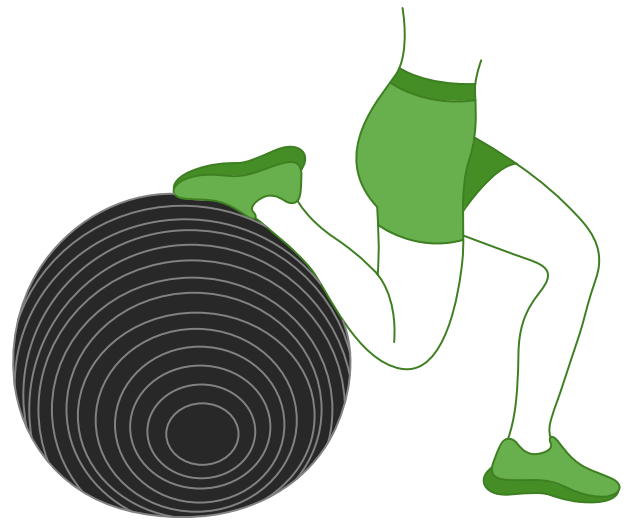
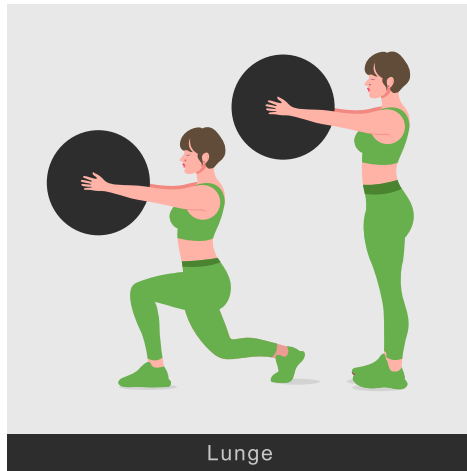


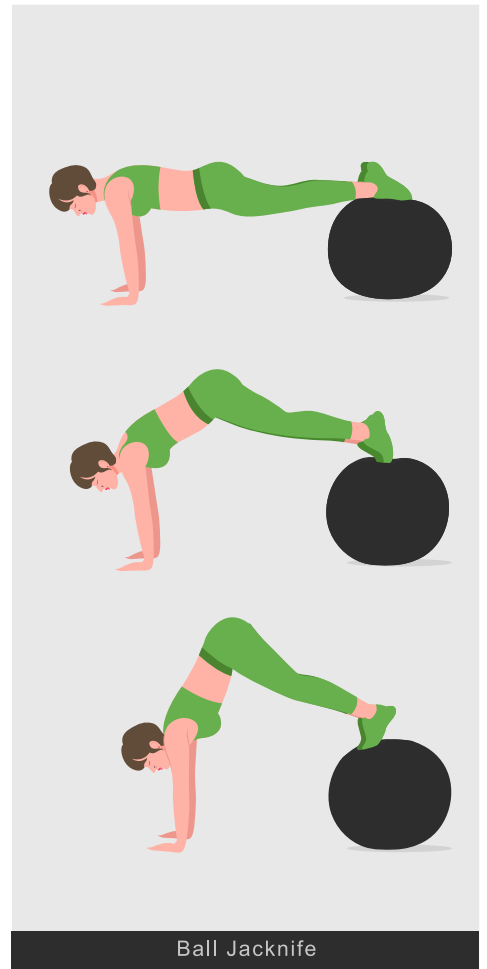
Exercise Ball Workouts



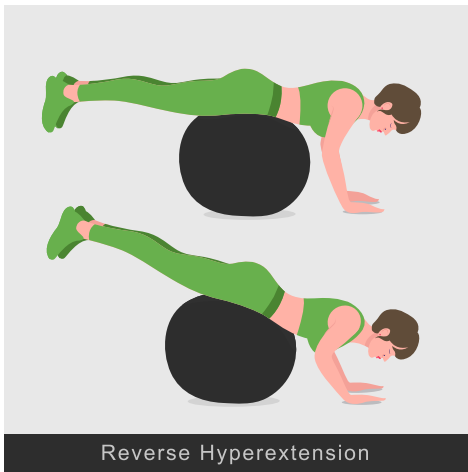
Back Rollout



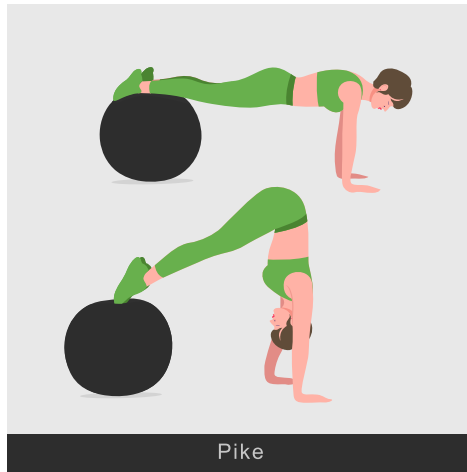
Lunge



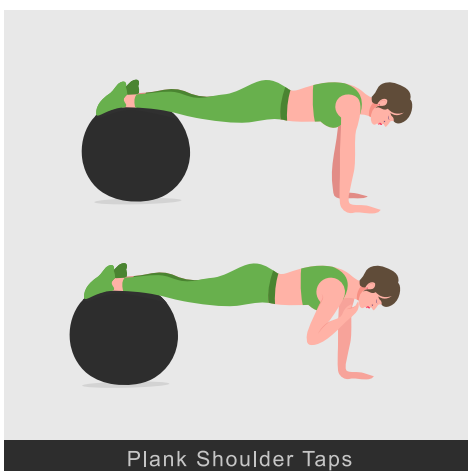
Ball Jackknife



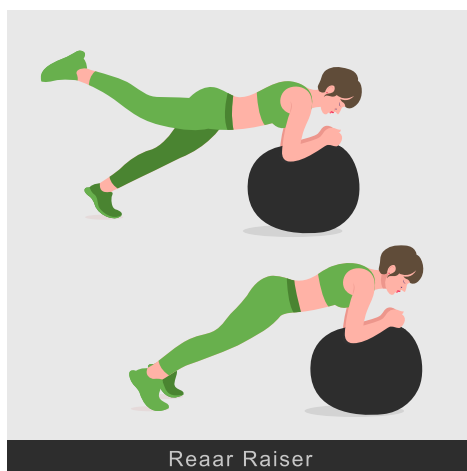
Reverse Hyperextension



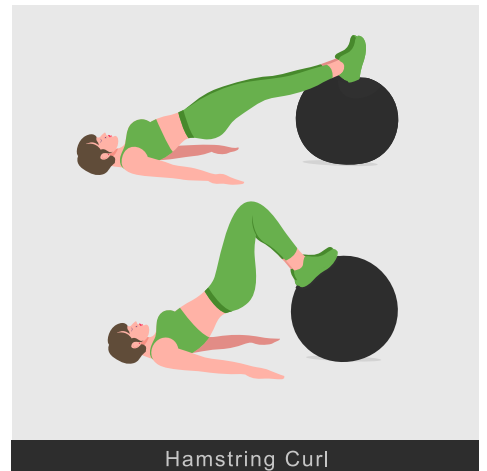
Pike



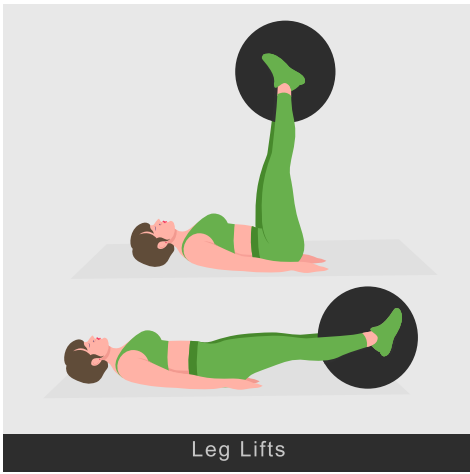
Plank Shoulder Taps



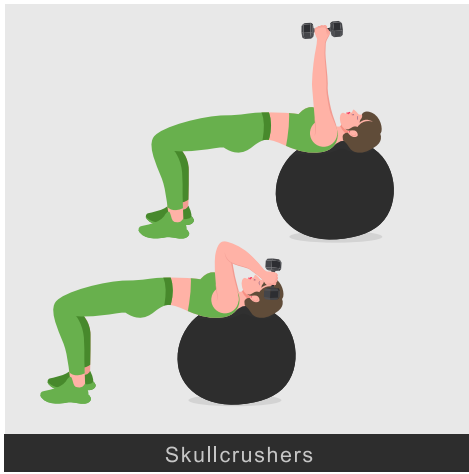
Rear Raiser



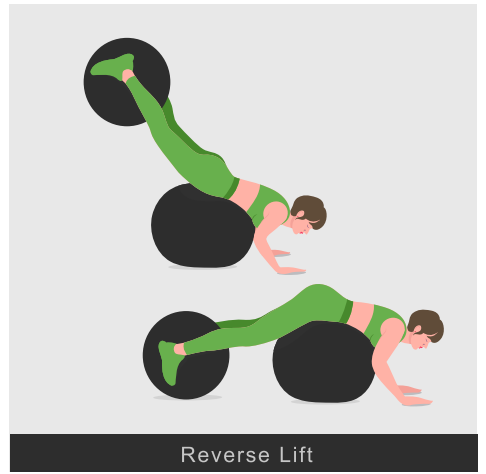
Hamstring Curl



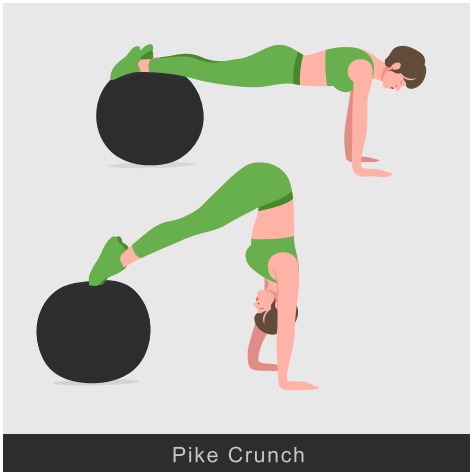
Leg Lifts



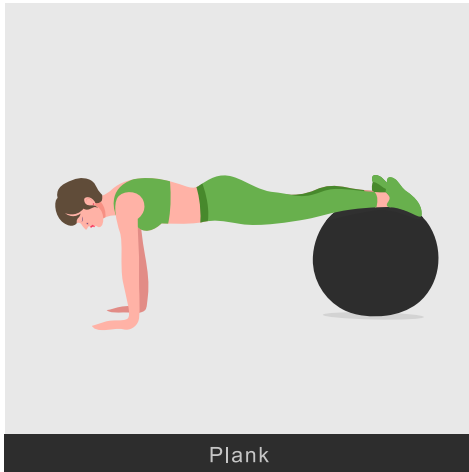
Skullcrushers



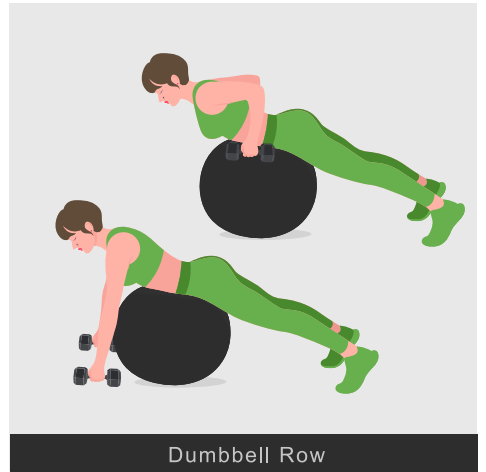
Reverse Lift



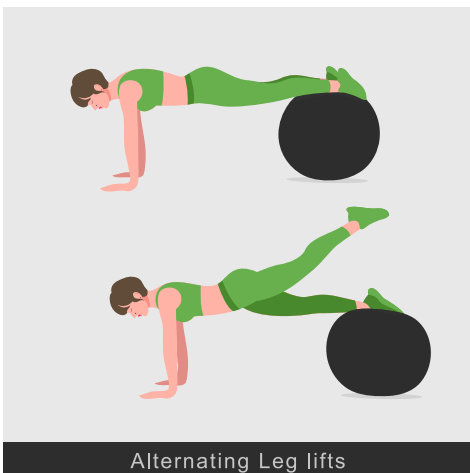
Pike Crunch



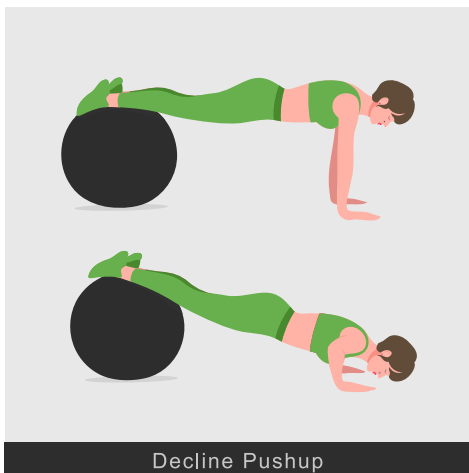
Plank



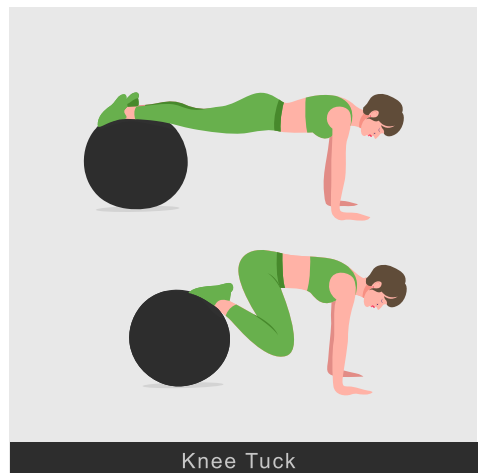
Dumbbell Row



Alternating Leg lifts



Decline Pushup



Knee Tuck