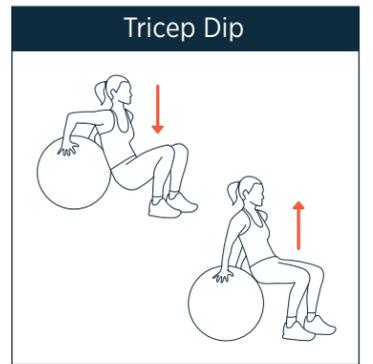
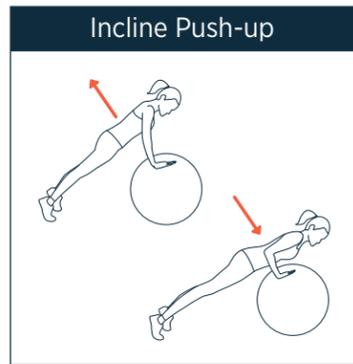
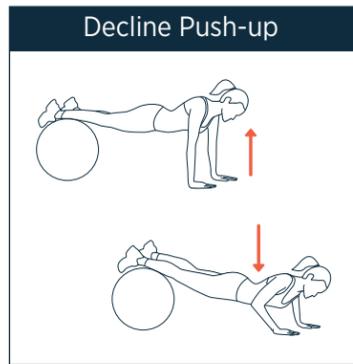
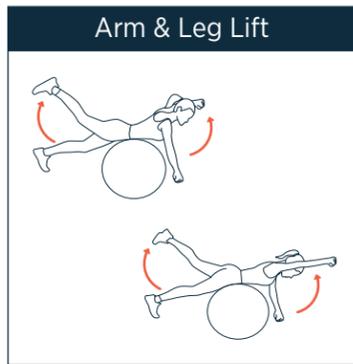
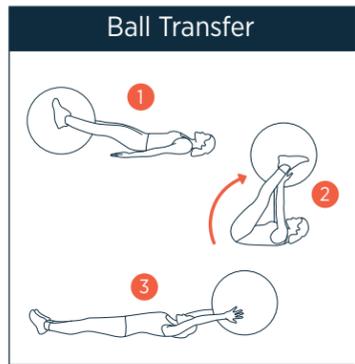


# Retrospec®

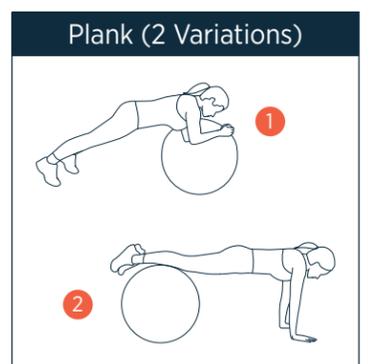
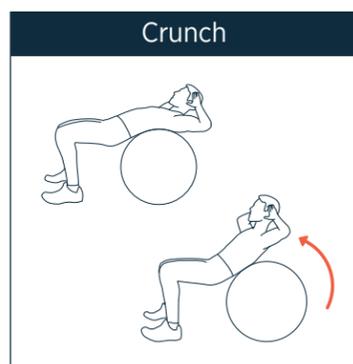
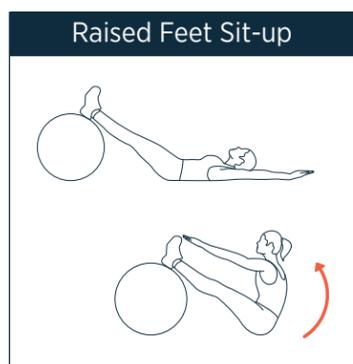
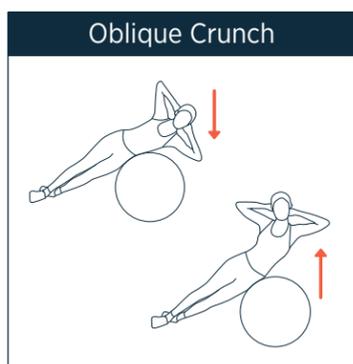
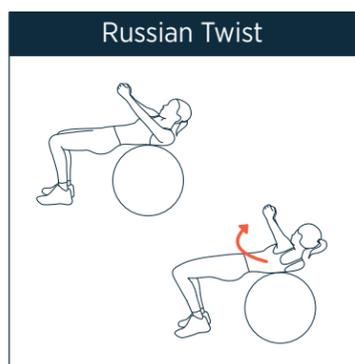
## STABILITY BALL WORKOUTS

### ENTIRE BODY



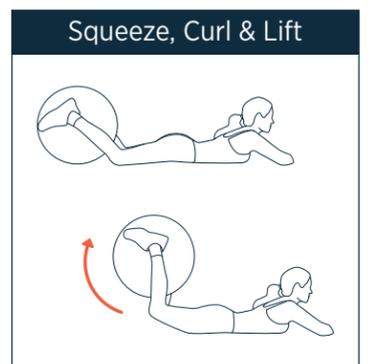
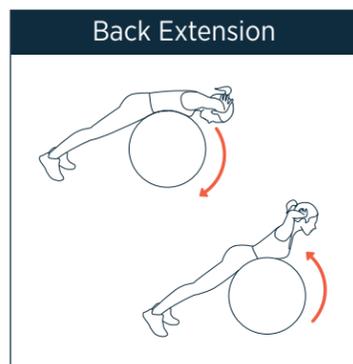
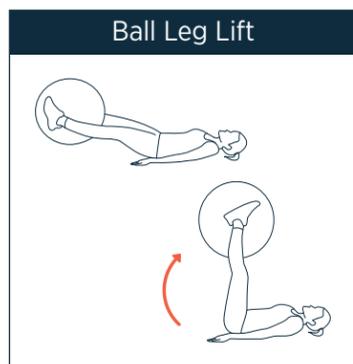
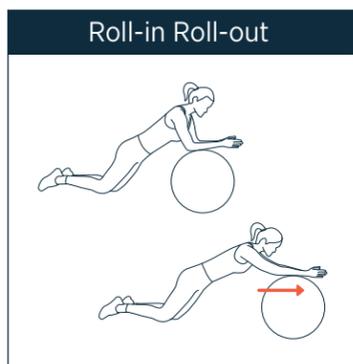
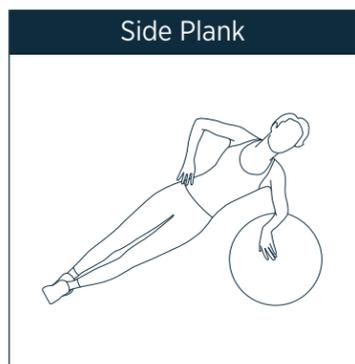
### UPPER BODY

### CORE

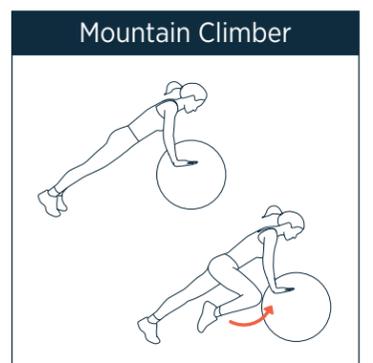
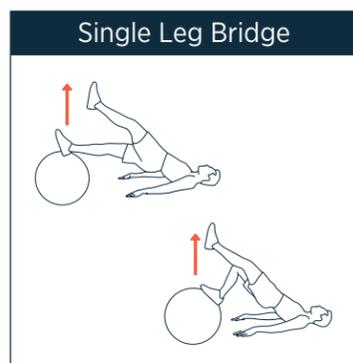
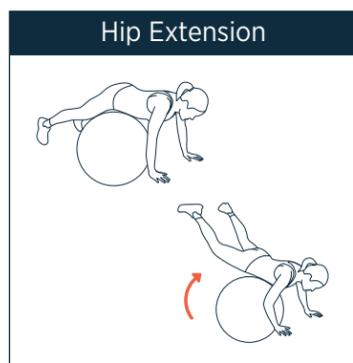
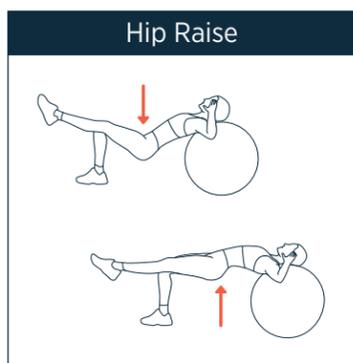
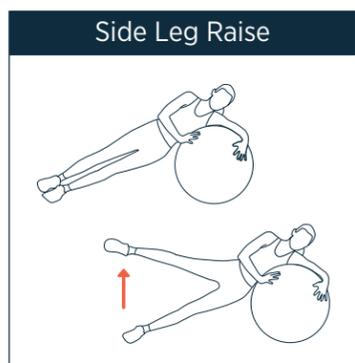


### CORE

### LOWER BODY



### LOWER BODY



### LOWER BODY

