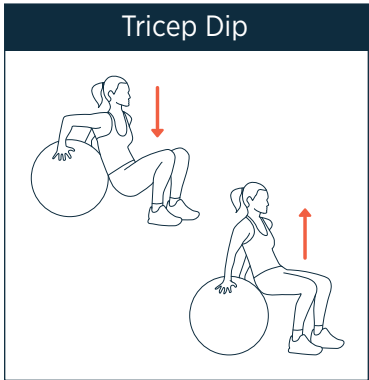
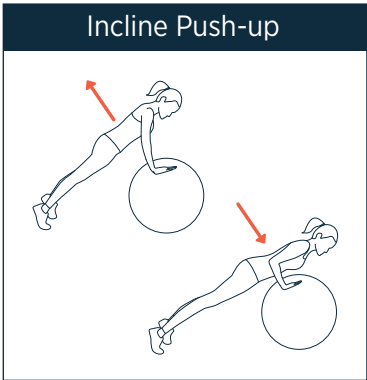
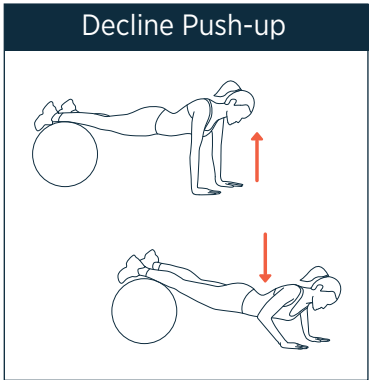
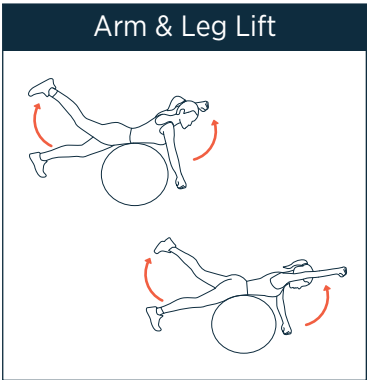
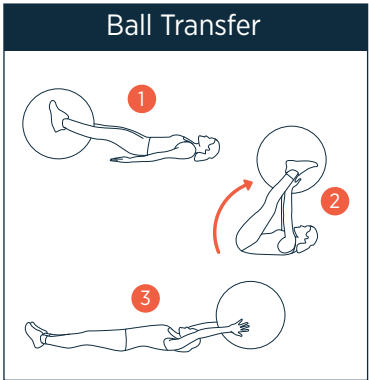
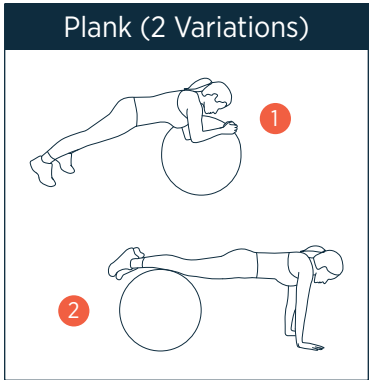
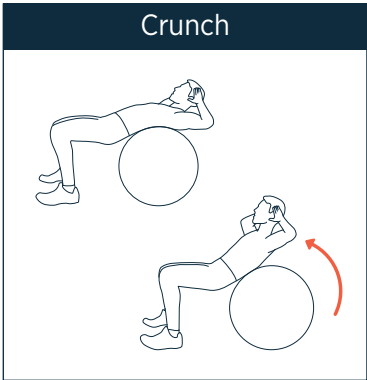
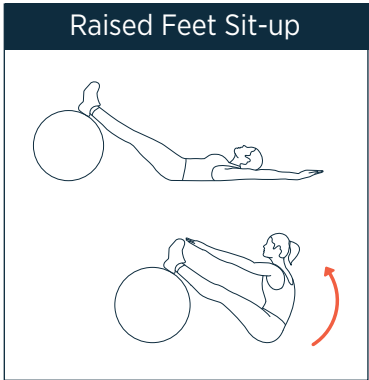
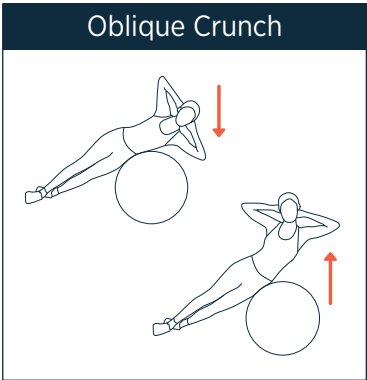
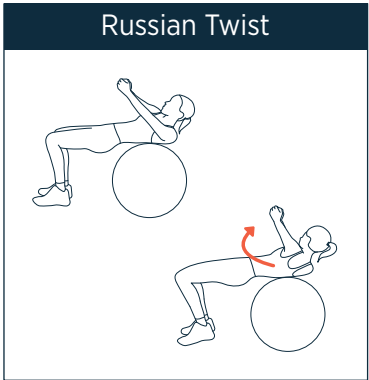


STABILITY BALL WORKOUTS

ENTIRE BODY

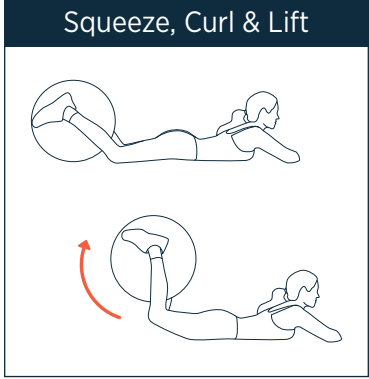
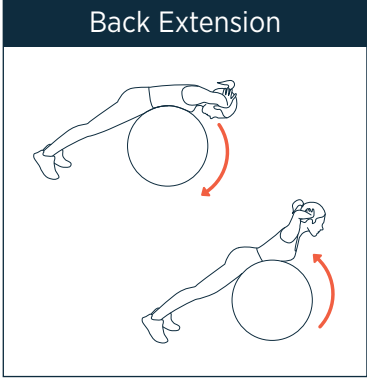
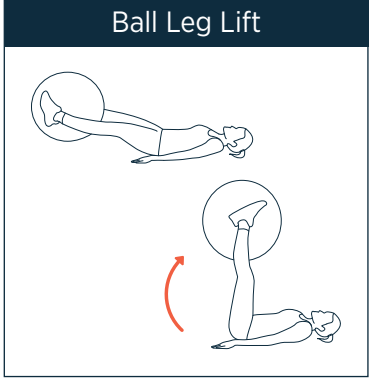
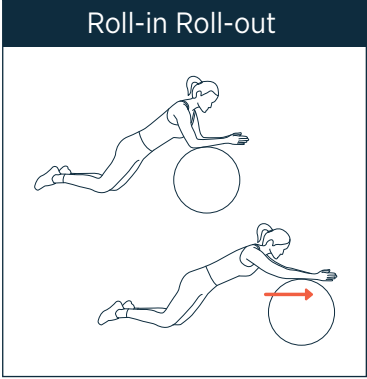
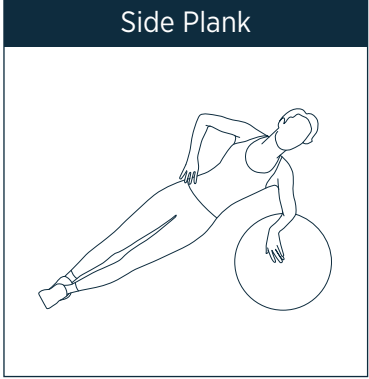


CORE

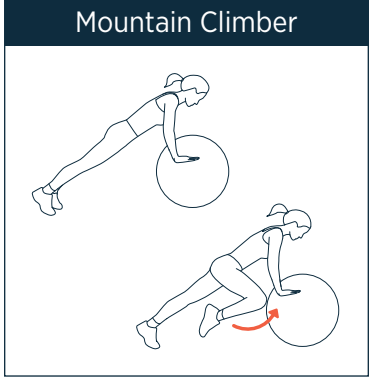
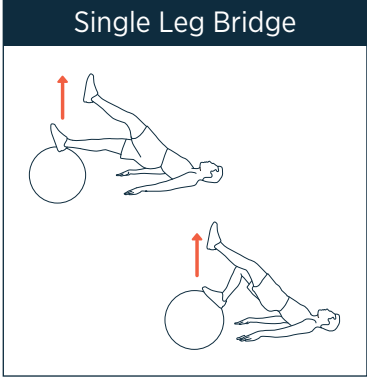
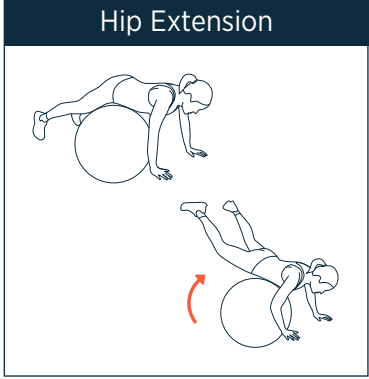
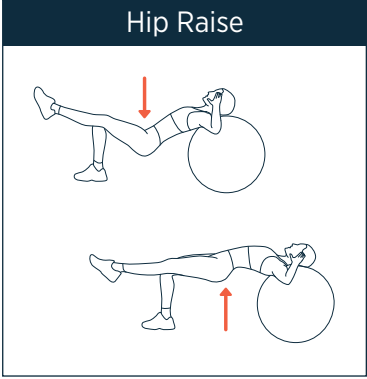
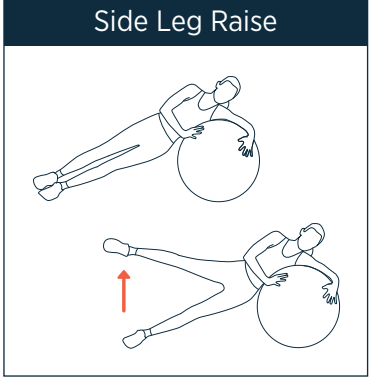


CORE

LOWER BODY



LOWER BODY



LOWER BODY

