



Do These Instead of Crunches

Anytime Workouts



Plank Pull Thru

Lower Back



Windmill

Abs



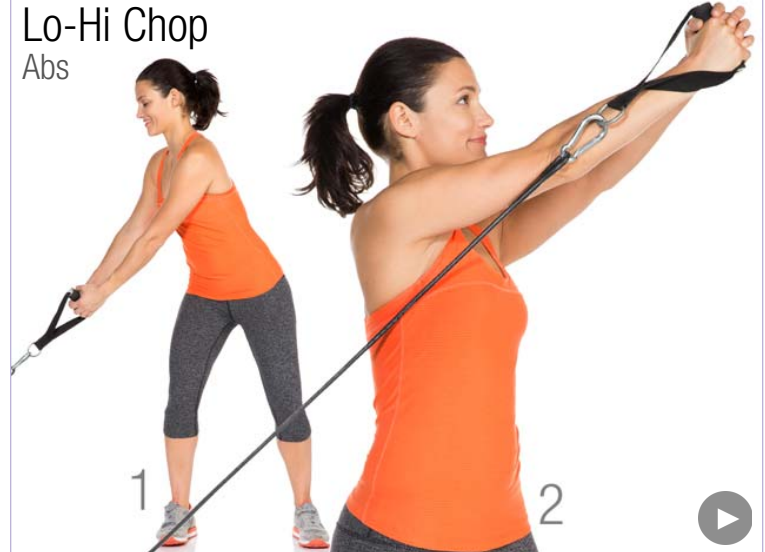
Tuck

Abs



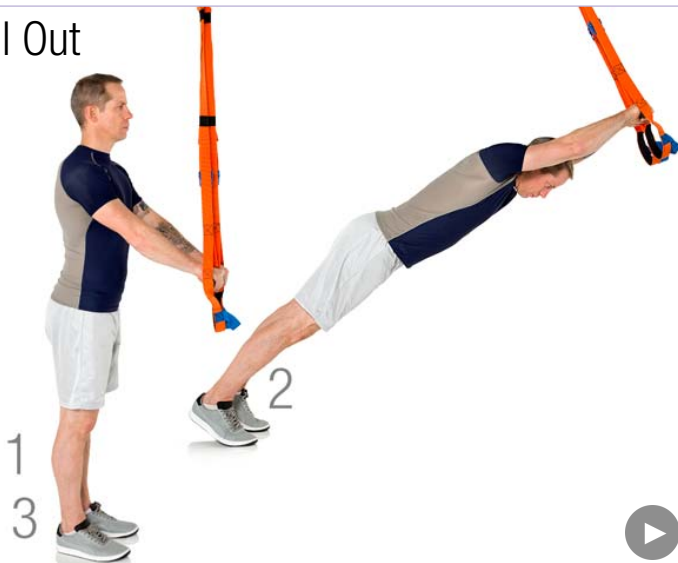
Lo-Hi Chop

Abs



Roll Out

Abs



Plank with Leg Lift

Pilates

