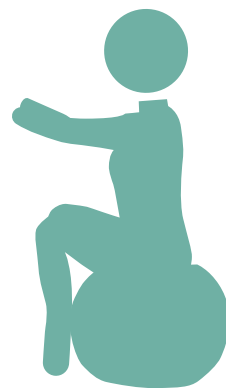


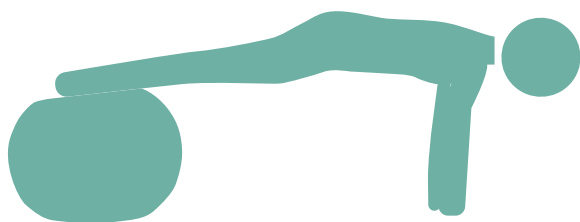
EXERCISE BALL WORKOUTS



CORE



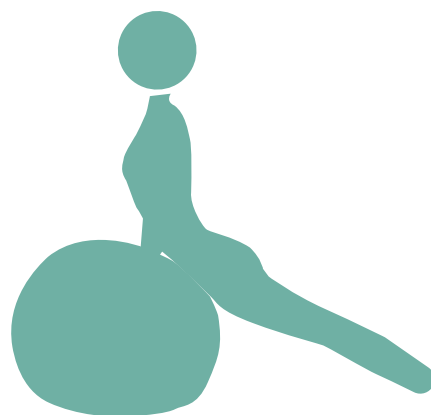
BALANCE



UPPER BODY



LOWER BODY



FLEXIBILITY