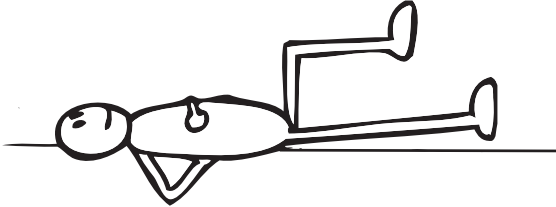


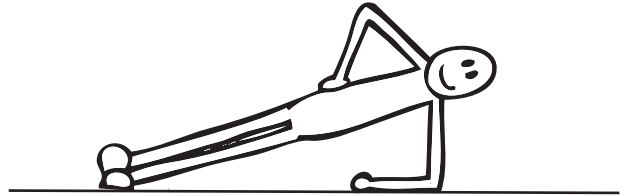
STANDARD CORE ROUTINE

45 seconds to 1 minute for each exercise

1. MODIFIED BICYCLE



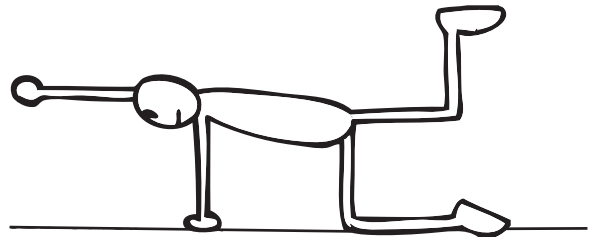
4. SIDE PLANK



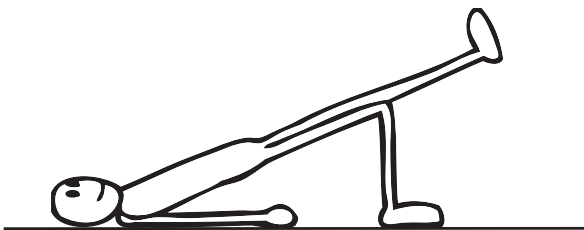
2. PLANK



5. MODIFIED BIRD DOG



3. LEG EXTENSION



6. SUPINE LEG LIFT

