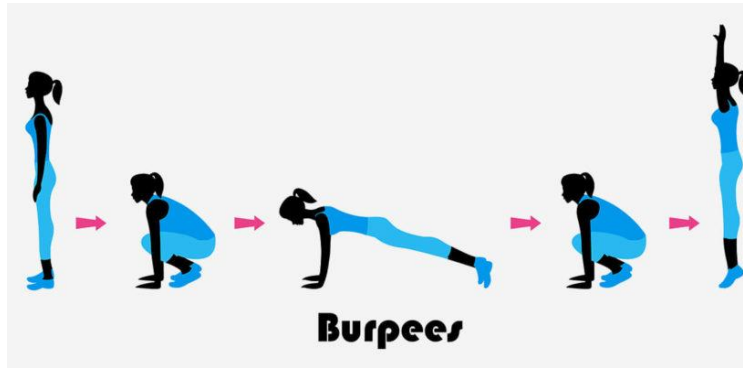
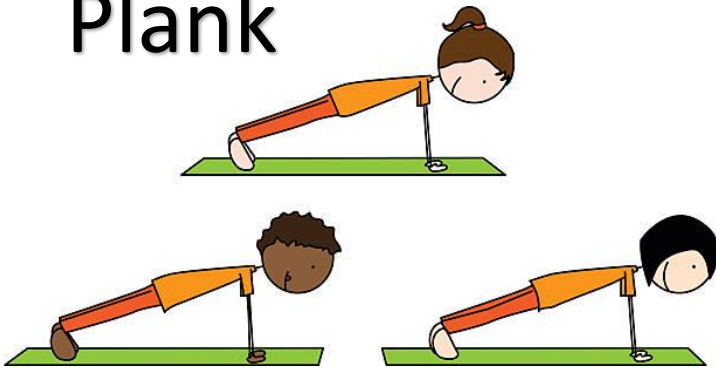


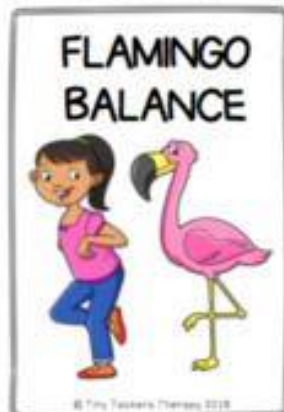
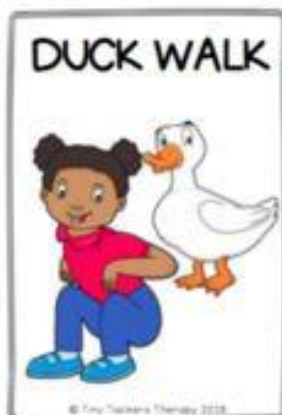
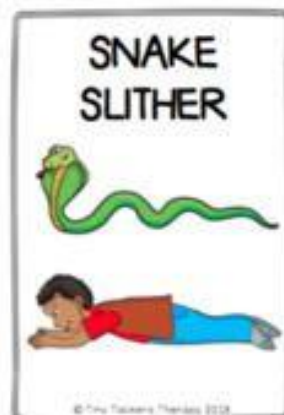
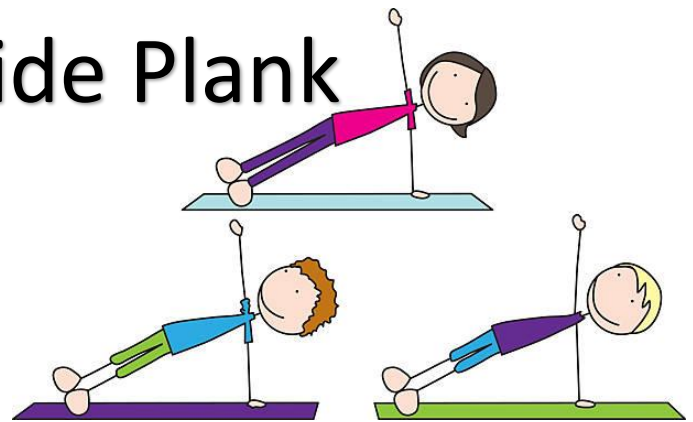
FITNESS TERMS



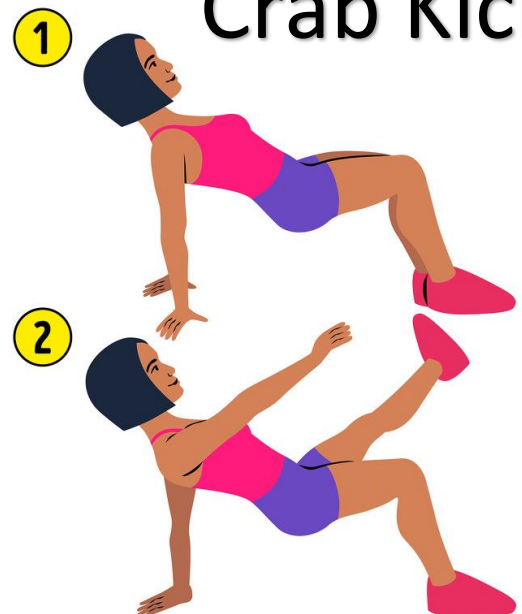
Plank



Side Plank

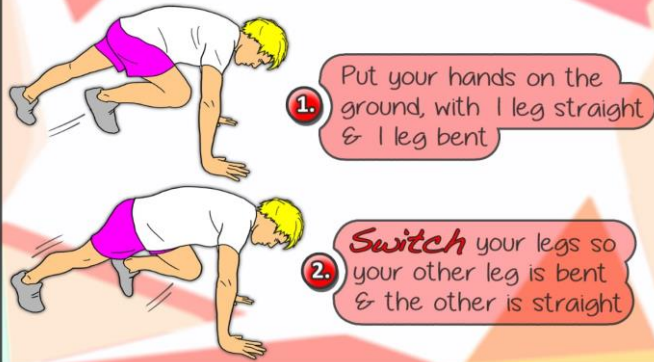


Crab Kicks

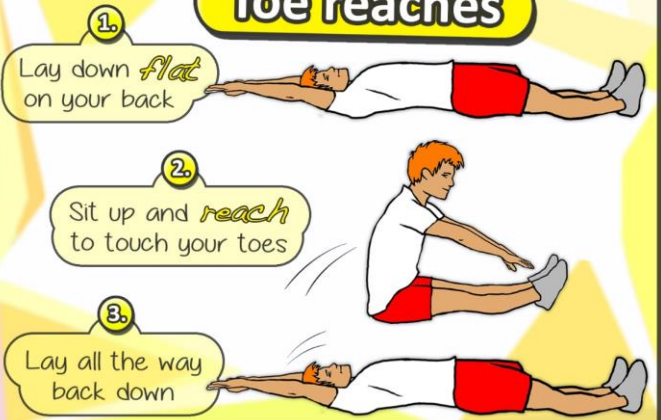


FITNESS TERMS

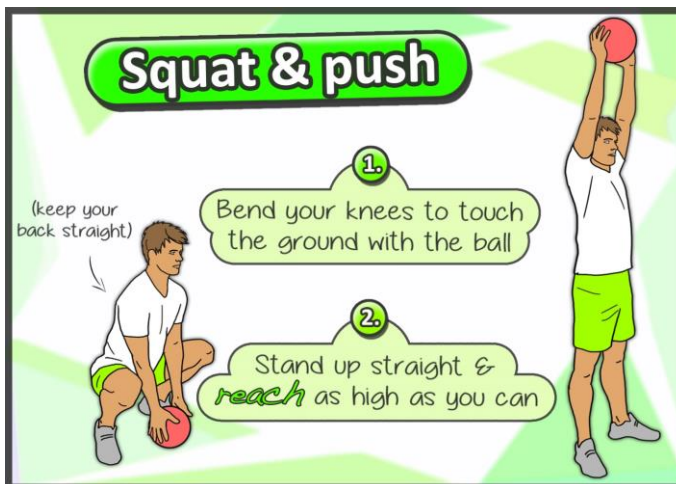
Mountain climbs



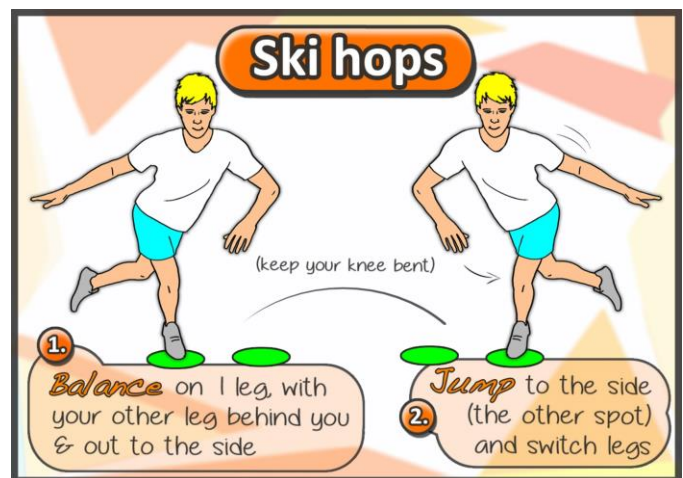
Toe reaches



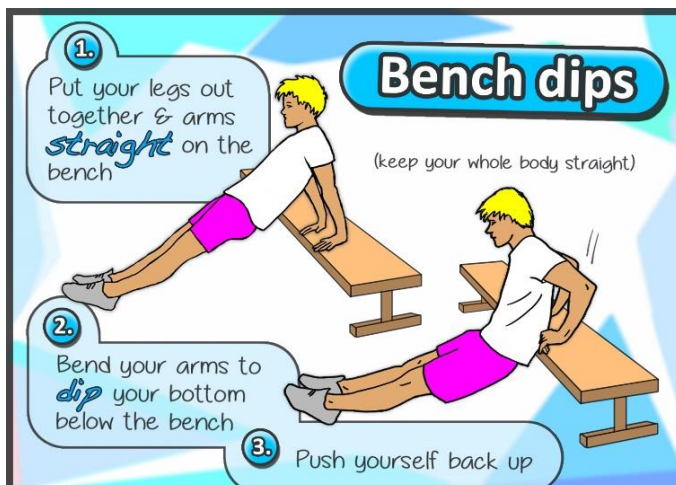
Squat & push



Ski hops



Bench dips



Pistol squats

