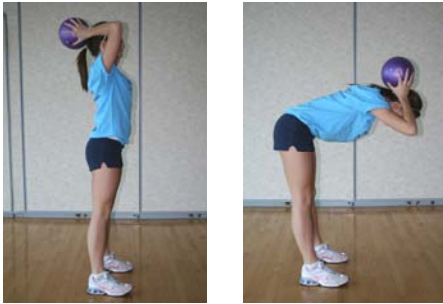


CORE TRAINING: MEDICINE BALL LEVEL # 2 of 6 (210 reps)

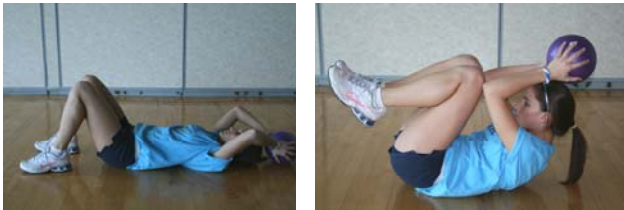
1. GOOD MORNING 1 x 25



5. OBLIQUE CRUNCH 1 x 40



2. SUITCASE CRUNCH 1 x 25



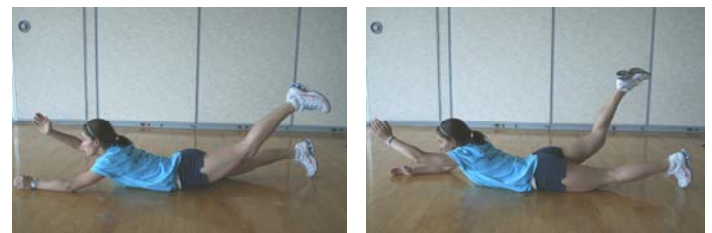
6. REVERSE CRUNCH 1 X 25



3. RUSSIAN TWIST 1 x 40



7. SUPERMAN 15 right / 15 left



4. CRUNCH 1 x 25

