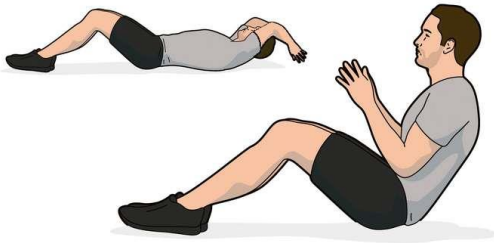
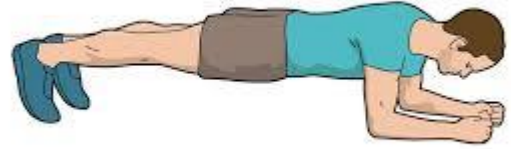


Sit Ups

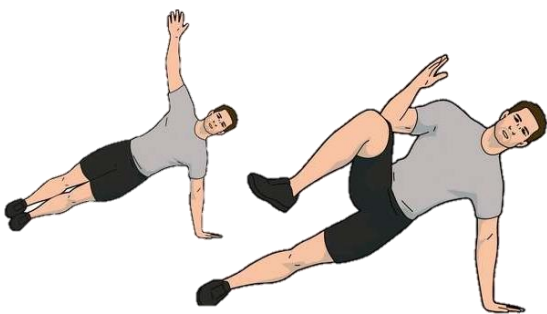


Planks



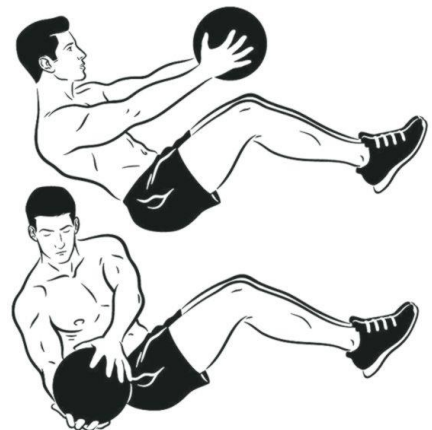
Profis

Seitliche Planks

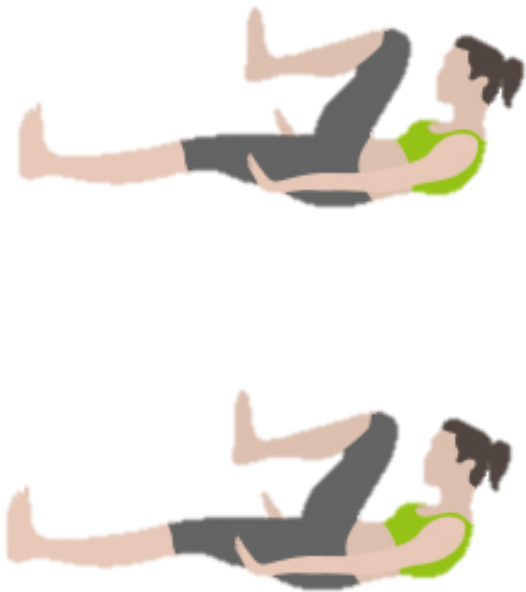


Profis

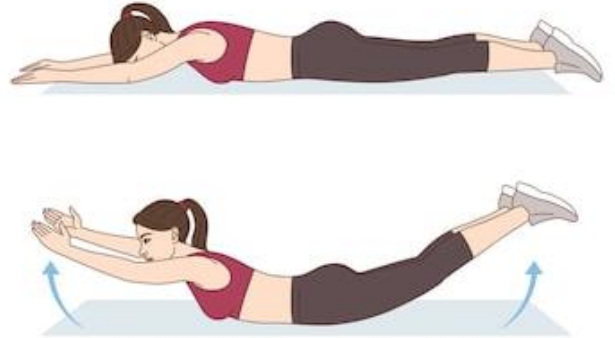
Sitting Twist



Käfer Crunches



Supermann



Froschsprung



Herabschauender Hund

