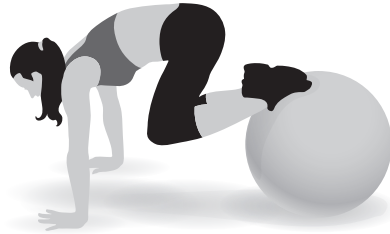


Quick Workouts

Knee Tucks



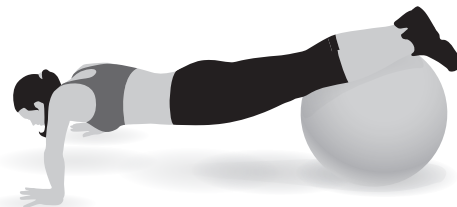
Wall Squat



Ball Plank



Ball Pushup



Squat Pressups

WORKOUTS