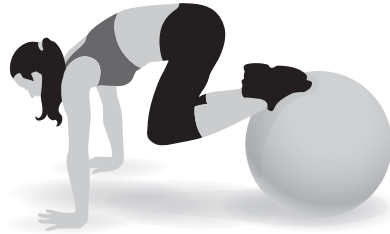


Quick Workouts

Knee Tucks



Wall Squat



Ball Plank



Ball Pushup



Squat Pressups

WORKOUTS