

KNEE ROLL-OUT

BEGINNER



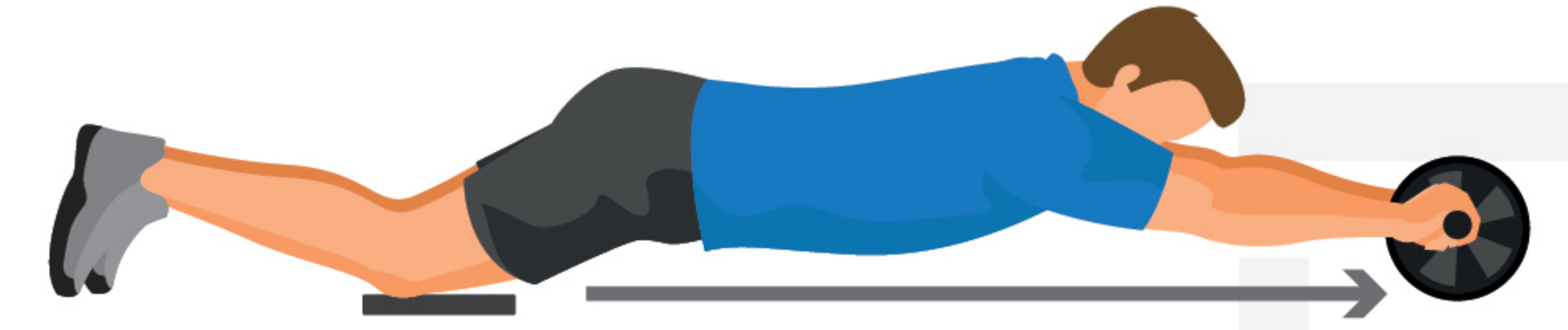
INTERMEDIATE



ADVANCED

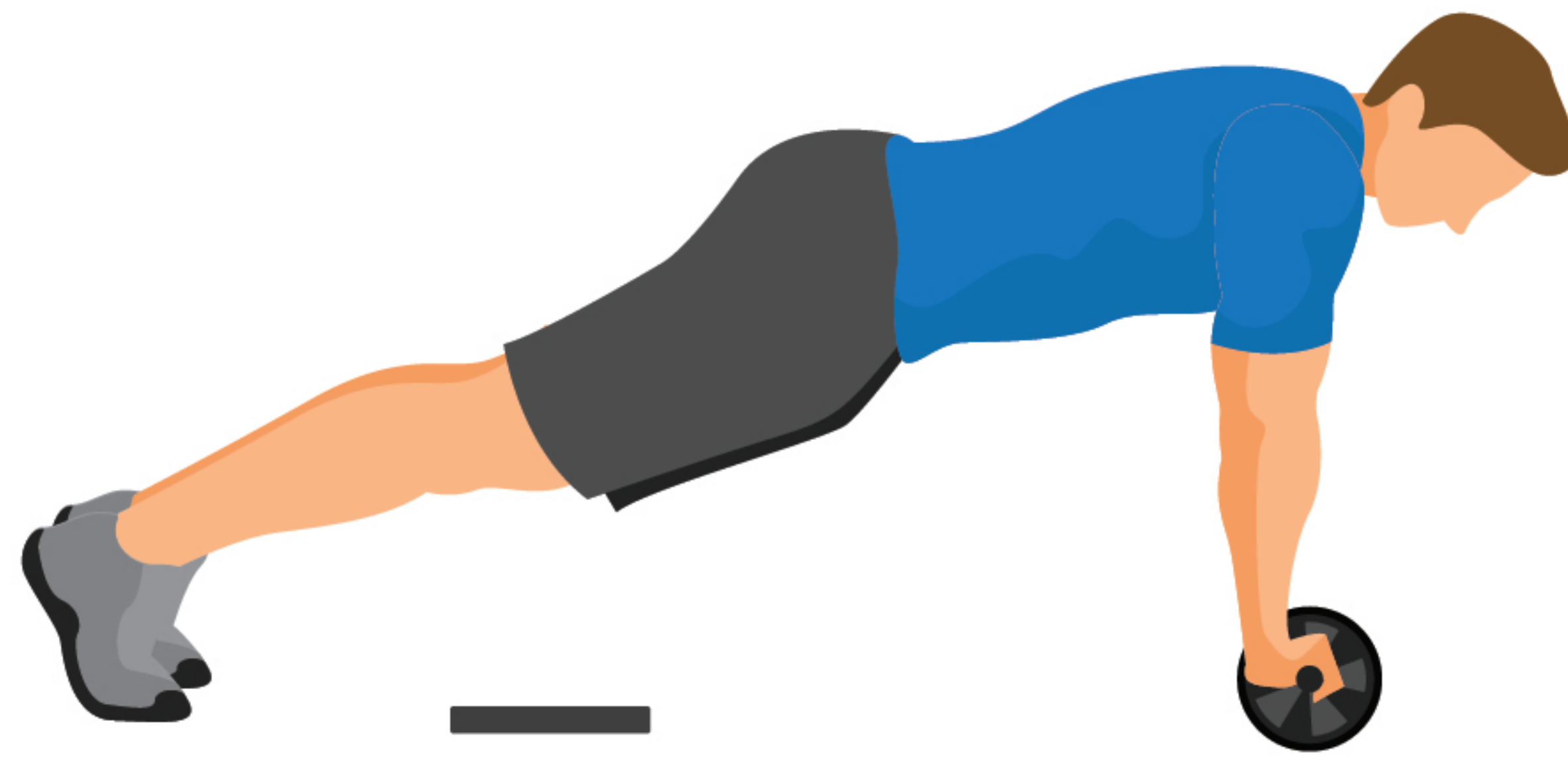


EXPERT



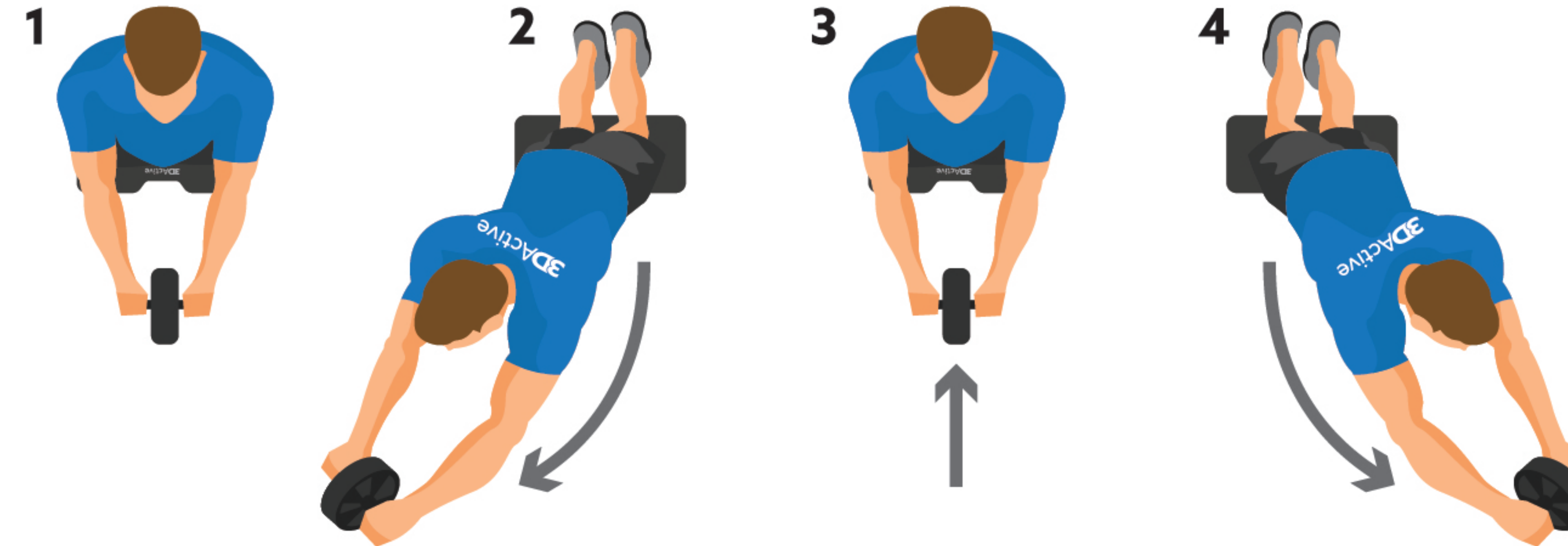
AB ROLLER PLANK

BEGINNER - EXPERT



V ROLL-OUTS

ADVANCED - EXPERT



! SAFETY WARNING

The exercises described in the Exercise Guide are to be used as guidelines only. If you experience any pain, dizziness or shortness of breath when performing any of the movements described, stop all activity immediately and consult your Doctor. Do not take any risks beyond your level of experience and fitness.

CUSTOMER SUPPORT

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