

Abdominal Stretch

Hold each pose for at least 30 seconds



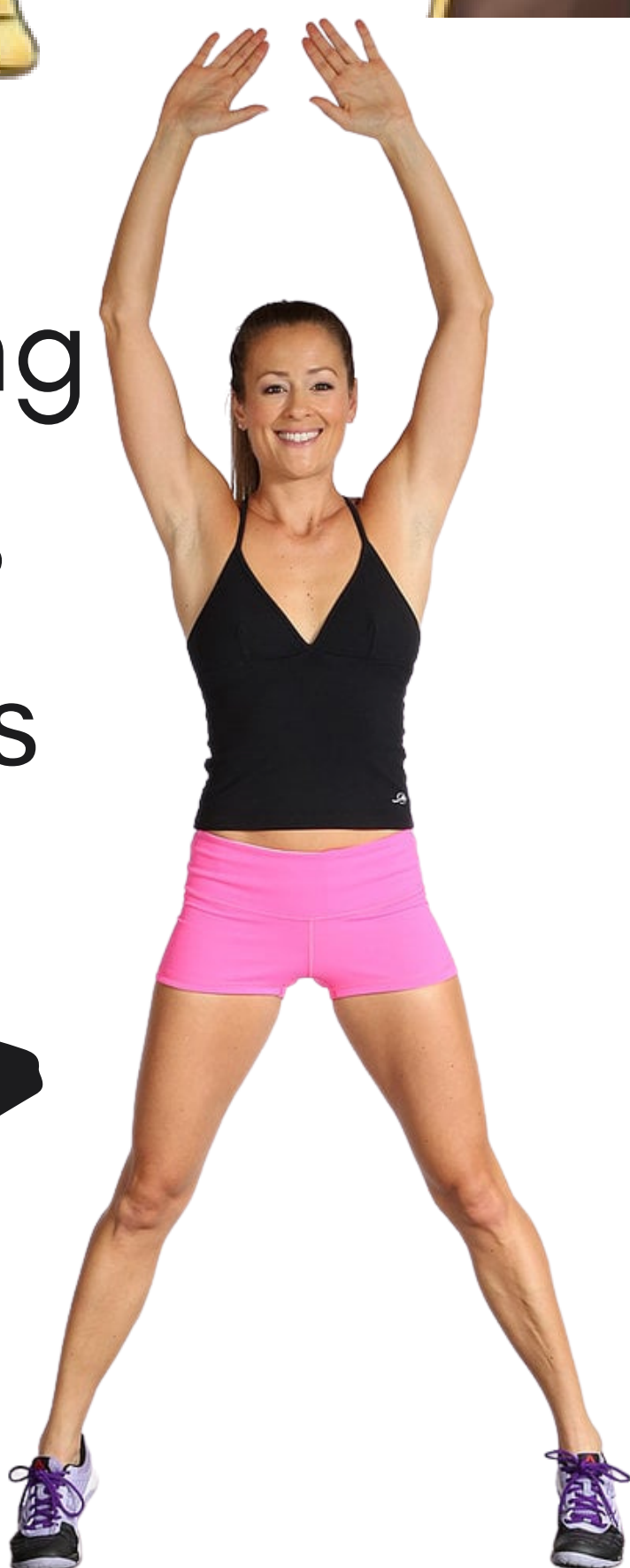
Standing
Side
Bends



Bridge



Jumping
Jacks
(3 sets
of 5)



Ball Bridge

