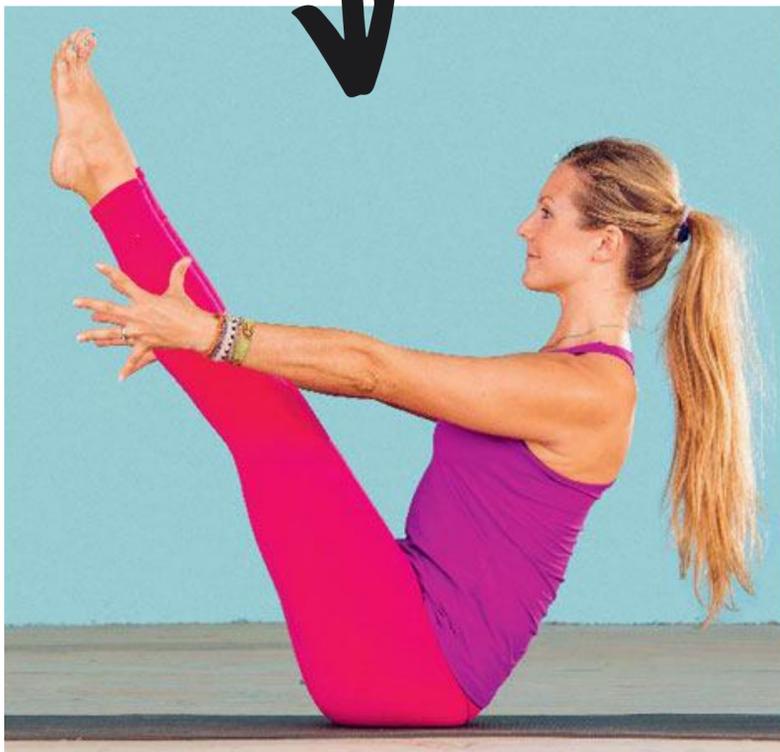


Balance and Stability

For Core - Keep Core Engaged During Workout
Recommend three sets of 5-10 (on each side)



Boat Pose



Stability Ball Plank



Balancing Core Twist

