

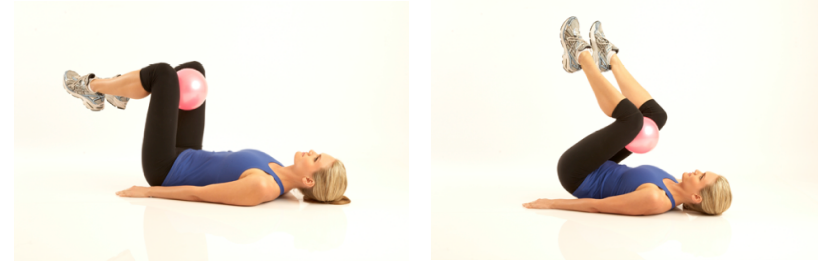
Core Sculpting Starter (do 2-3x)

1.



Glute Bridge with Ball Squeeze
15 reps

2.



Reverse Crunches with Ball
15 reps

3.



Crunches with Ball
20 reps

4.



Ultimate Toe Touch
15 reps
each side