

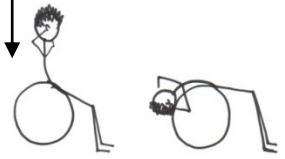




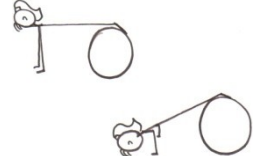


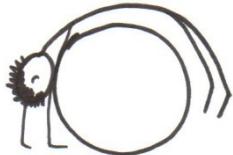

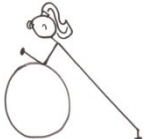

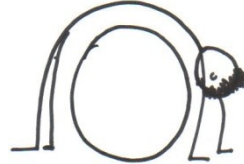




**PE FIT STABILITY BALL SHORT WORKOUT 1**

 <p><b>WOODCHOP (10 R/L)</b></p>	 <p><b>BACK EXT (10)</b></p>	 <p><b>FULL SIT-UP (10)</b></p>
 <p><b>TWISTS (10 R/L)</b></p>	 <p><b>SPINAL BALANCE (10 R/L)</b></p>	 <p><b>LITTLE CRUNCHES (15)</b></p>
 <p><b>SQUAT W/BALL RAISE (10)</b></p>	 <p><b>PUSH-UP ON THIGHS (10)</b></p>	 <p><b>TWISTS (R/L 10)</b></p>
 <p><b>BALANCING DEADLIFT</b></p>	 <p><b>STRETCH OVER BALL</b></p>	 <p><b>HS STRETCH</b></p>
 <p><b>BALL PLANK HOLD 30 SECS</b></p>	 <p><b>KID'S FAVORITE</b></p>	 <p><b>WHEEL STRETCH &amp; RELAX</b></p>

