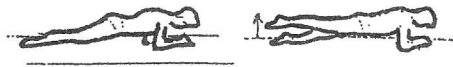


GENERAL STRENGTH (PEDESTAL)

Prone, Elbow Stand Single Leg Raise



Supine, Elbow Single Leg Raise



Prone, Hand Stand Single Leg Raise



Supine, Hand Stand Leg Raise



Lateral, Elbow Stand Single Leg Raise



Lateral, Hand Stand Single Leg Raise



Prone, Flex Knee Elbow Stand Hip Lift



Supine, Flex Knee Hip lift



Crunch, Low Reach



Crunch, Low Reach with Twist

