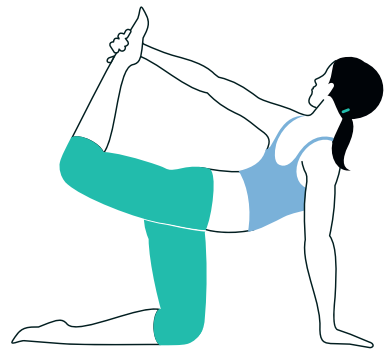


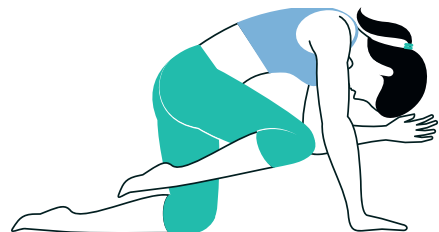
FITNESS MAT

RELAX

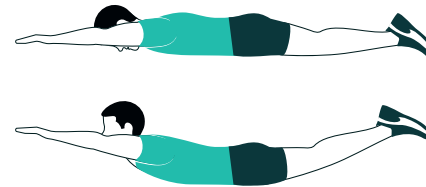
WORK-OUT



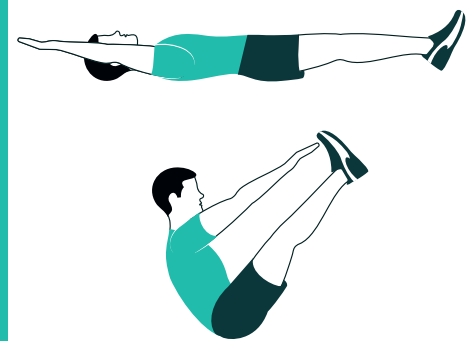
BIND



ELBOW TO KNEE



SUPERMAN



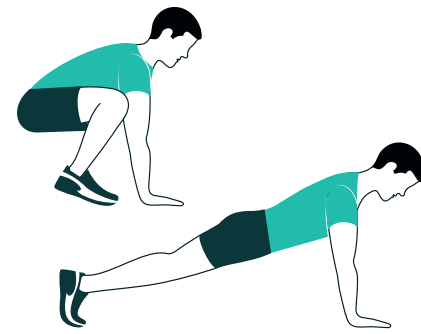
V-UP



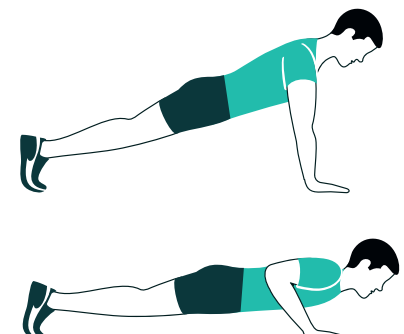
ARDHA HANUMANASANA
HALF SPLITS



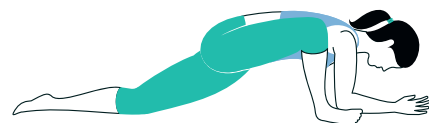
LOW LUNG VARIATION



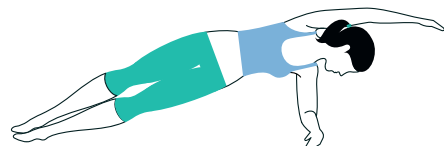
TUCK JUMP



PUSH UPS



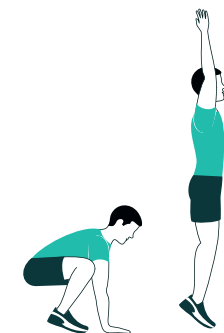
UTTHAN PRISTHASANA
LIZARD POSE



FOREARM VASISTHASANA
SIDE PLAN



L-SIT



TUCK JUMP

TOPACTIVE