



Sit-Ups



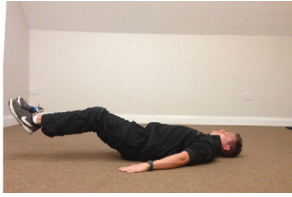
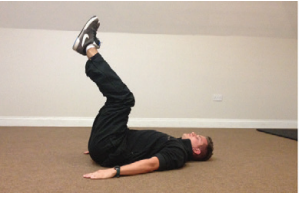
Bicycle Crunches



Squats



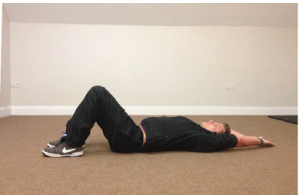
V-Up Crunches



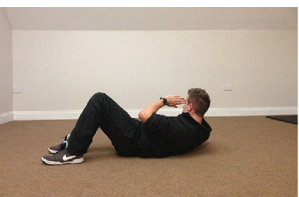
Reverse Crunches



Regular Crunches



Long Arm Crunches



Crunch Twists