



V SIT ON GROUND



V SIT WITH LEGS LIFTED

◆
PLANK

◆
SIDE PLANK



▲
PLANK WITH ALTERNATING LEG LIFT

▲
SIDE PLANK WITH LEG LIFT



▲
PLANK ON A BALL



▲
PLANK ON A BALL WITH SINGLE LEG LIFT



▲
BRIDGE



▲
SINGLE LEG BRIDGE