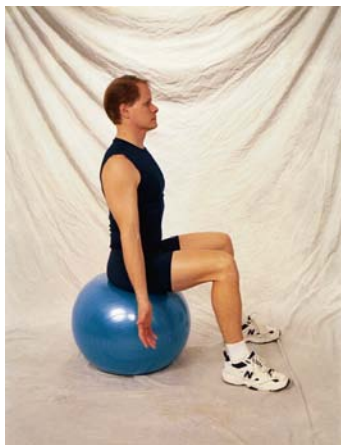
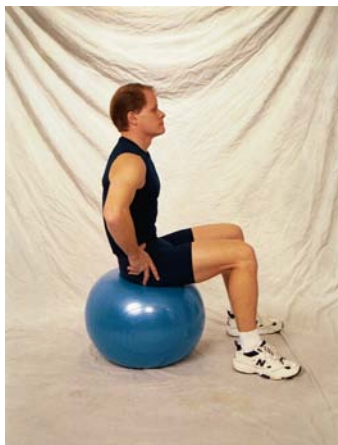


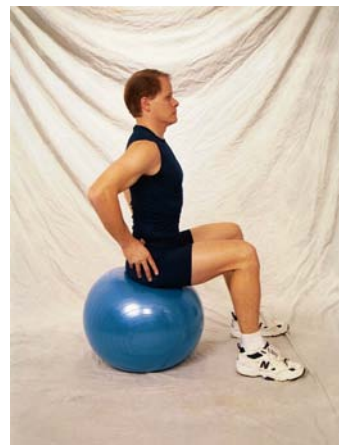
Exercise Ball



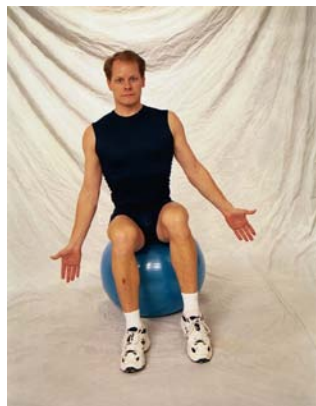
Neutral Pelvis



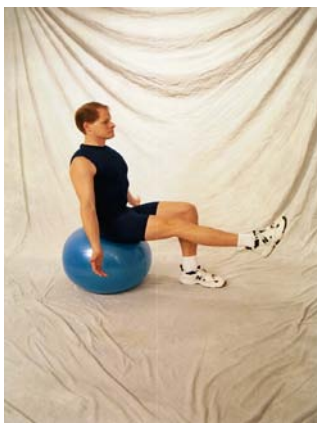
Flexion



Extension



Side Pelvic Tilt



Leg Lift



Add Weights

