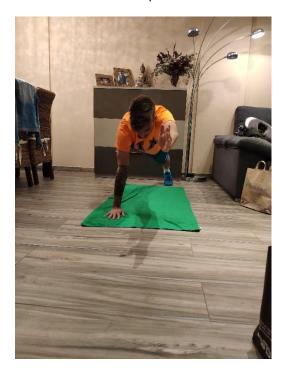
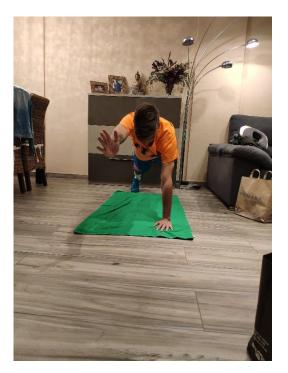
-Exercise 1: Plank balanced in one hand



- Exercise 2: Plank "Superman"

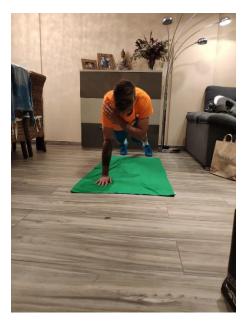




- Exercise 3:



- Exercise 4: Plank touching the shoulder





- Exercise 5:





