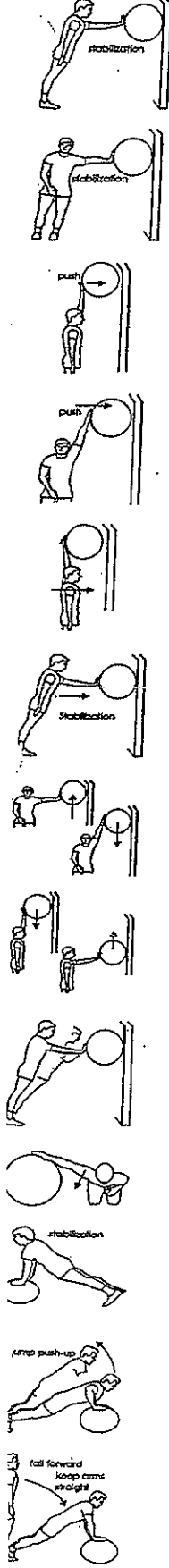


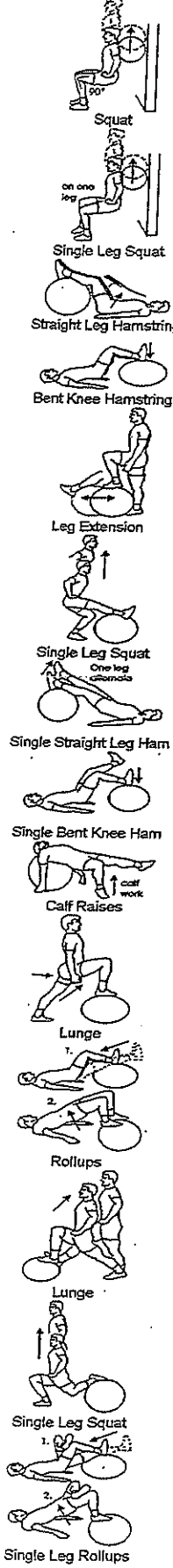
PhysioBall Circuits

General Strength Circuits

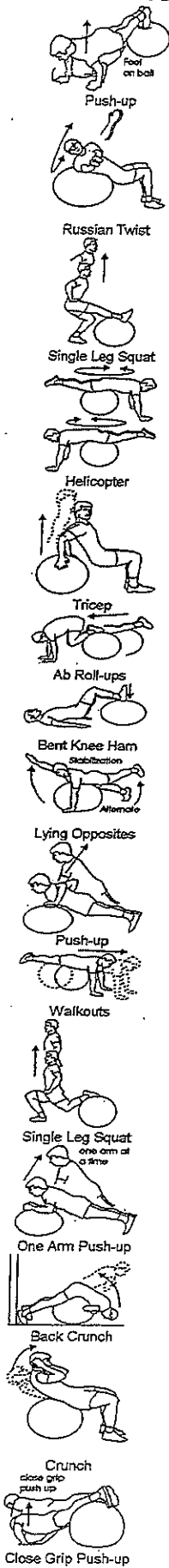
PB Shoulder



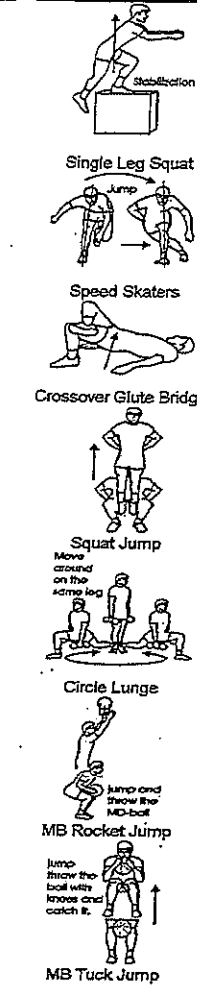
PB Legs



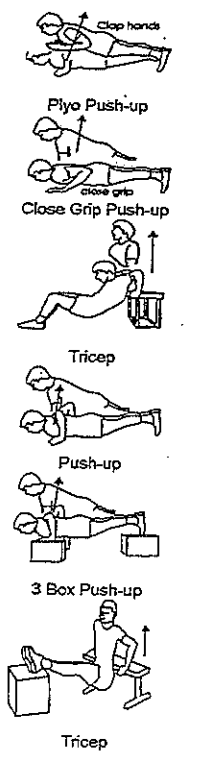
PB Total Body



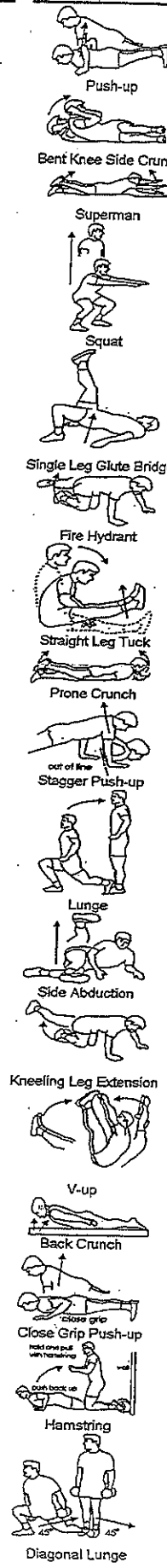
Jumps



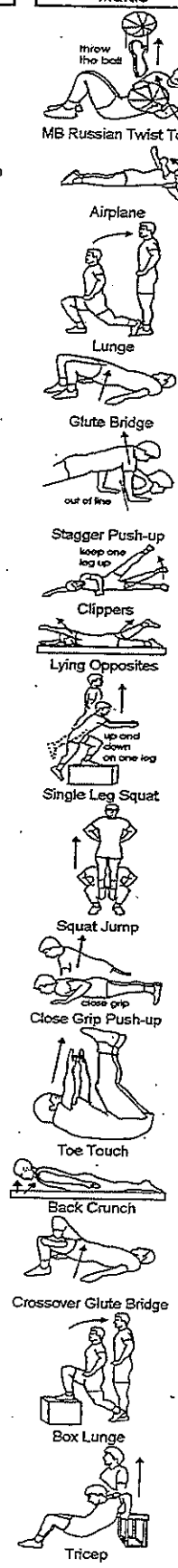
Throws



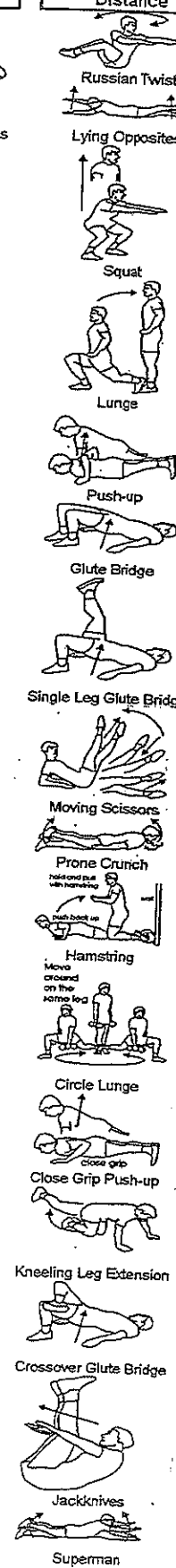
Sprints











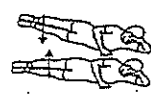


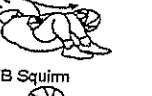


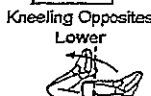


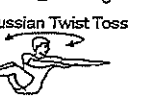

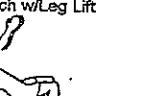

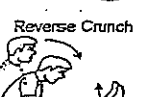

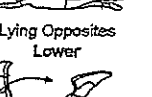





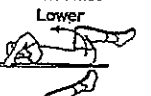
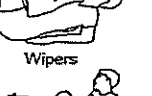

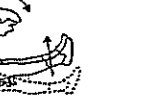
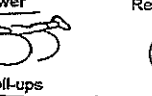


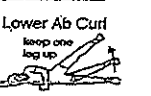


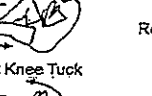


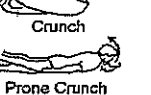

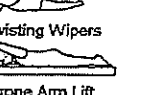


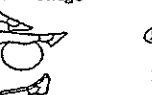

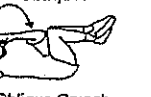
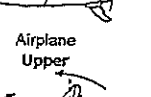
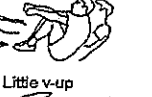
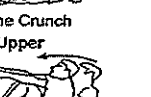

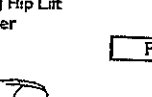

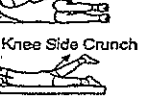

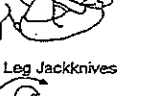

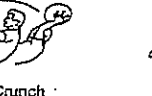


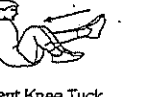

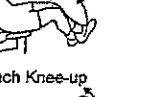
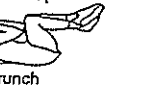
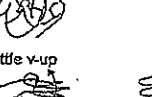



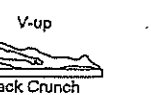
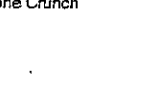





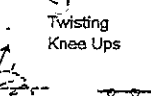

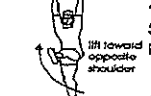
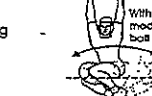
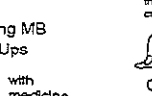




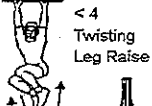
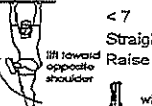
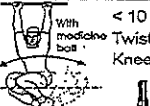
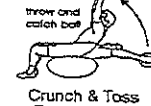
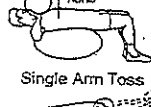

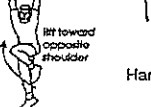



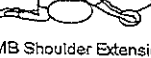
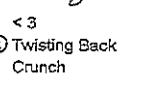
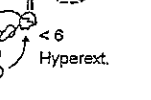
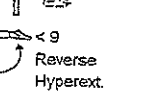
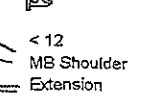
Multis



Distance



CORE Circuits - Abdominals and Back Exercises

Grand Prix Obliques	Super Grand Prix Obliques	Golden League Obliques	World Champs Obliques	Olympic Games Obliques	PB Core Obliques	PB Stabilization Obliques
 Crossover Obl. Crunch	 Alternating Leg Crunch	 Obl. Crunch w/Leg Ext	 Straight Leg Obl. Crunch	 MB Russian Twist	 Oblique Crunch	 Oblique Stabilization
 Russian Twist	 Side Leg Lift	 Squirm	 MB Russian Twist Toss	 MB Squirm	 Obl. Crunch w/Leg Lift	 Pointer
 Kneeling Opposites Lower	 Straight Leg Obl. Crunch	 Knee-Up	 Russian Twist	 MB Russian Twist Toss	 Russian Twist	 Twisting Oblique Crunch Stabilization
 Reverse Crunch	 Back Twist Lower	 Lying Opposites Lower	 Back Twist Lower	 Lying Opposites Lower	 Twisting Back Crunch Lower	 Lying Opposites Lower Stabilization
 Straight Leg Tuck	 Lower Ab Curl	 Wipers	 Straight Leg Tuck	 Clippers	 Ab Roll-ups	 Single Leg Bridge
 Butterfly Upper	 Clippers	 SL Bent Knee Tuck	 Reverse Crunch	 Straight Leg Tuck	 Reverse Hyperextension	 Single Leg Back Bridge Upper Stabilization
 Little v-up	 Moving Scissors	 Twisting Wipers	 Moving Scissors	 SL Bent Knee Tuck	 Single Leg Glute Bridge	 Bridge
 Crunch	 Airplane Upper	 Prone Arm Lift Upper	 Prone Crunch Upper	 Reverse Crunch	 Single Leg Hip Lift Upper	 Walkouts
 Prone Crunch	 Double Crunch	 Little v-up	 Little v-up with plate	 Butterfly Upper	 Crunch	 Hip Lift
 Grand Prix II Obliques	 Single Leg Jackknives	 Single Leg Jackknives	 Plate V-up	 Plate V-up with plate	 Walkouts	 PB Core w/MB Obliques
 Oblique Crunch	 V-up	 Bench Knee-up	 Crunch	 Plate Little v-up	 Straight Arm Crunch	 Russian Twist
 Bent Knee Side Crunch	 Back Crunch	 Prone Crunch	 Back Crunch	 Superman	 Back Crunch	 Shoulder Extension
 Lying Opposites Lower	World Cup					
 Bent Knee Tuck	 <1 Twisting Knee Ups	 <4 Twisting Leg Raise	 <7 Straight Leg Raise	 <10 Twisting MB Knee Ups	 Crunch & Toss	 MB Crossover
 Single Leg Tuck	 <2 Bent Leg Raise	 <5 Hanging Curl	 <8 Med Ball Curl	 <11 MB Curl w/Ext	 Single Arm Toss	 MB Shoulder Extension
 Prone Leg Lift Upper	 <3 Twisting Back Crunch	 <6 Hyperext.	 <9 Reverse Hyperext.	 <12 MB Shoulder Extension		
 Crunch						
 Jackknives						
 Superman						