

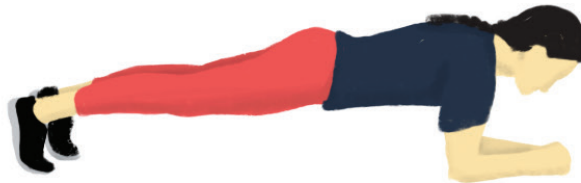
MOVE IT: CORE CHALLENGE



30 Second Flutter Kicks



50 Bicycle Crunches



1 Minute Forearm Plank



50 Cherry Pickers



1 Minute Superman