

#6 Get fit advanced core exercises



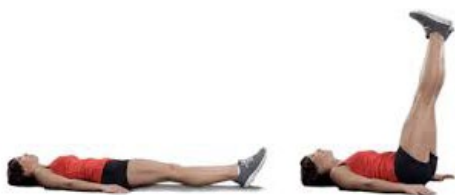
Lower abdominal exercise



V sit abdominals



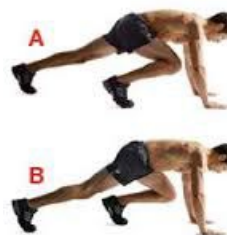
Bridge with leg lift



Straight leg lift abdominals



Angry cat



Mountain climber



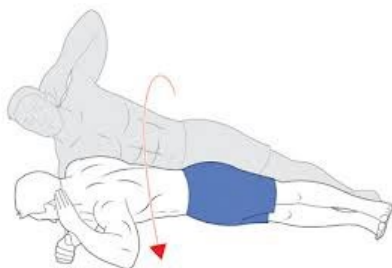
Scorpions



High skip



Plan extensions



Plank twists



Yoga balance



Wall sit