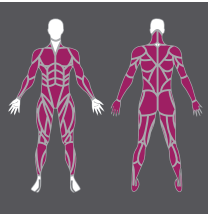


# TROJAN™ AEROBIC MAT

MUSCLES TARGETED



AB CRUNCH



ABDUCTOR RAISE



ALTERNATING KICKS



BICYCLE KICKS



PLANK WITH LEG LIFT



DUMBBELL FLY



DUMBBELL PULLOVER



KICK BACK



LATERAL RAISE



LEG EXTENSIONS



OVERHEAD RAISE



SIDE CRUNCH



SIDE KNEE RAISE



# EXERCISES

YOGA & PILATES 