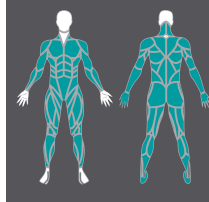


TROJAN™

ANTI-BURST BODY BALL

MUSCLES TARGETED



START & FINISH: CRUNCH



CRUNCH



START & FINISH: PUSH-UP



HYPER EXTENSION



START & FINISH: STABILITY BALL PIKE



WALL SQUAT



REVERSE PLANK KNEE TUCK



REVERSE PLANK SIDE KICK



EXERCISES

AB
TRAINING

