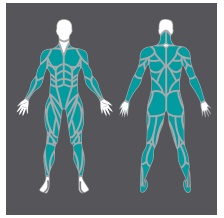


TROJAN™

BIG AB ROLLER

MUSCLES TARGETED



START & FINISH: FORWARD ROLL



START & FINISH: PUSH-UP



PELVIC LIFT



PIKE



EXERCISES

AB
TRAINING

