

DESIGN

1a Exercises

List of program

Target: 10/12 people



Sitting



Laying down



Stretch excercises



Sit-ups



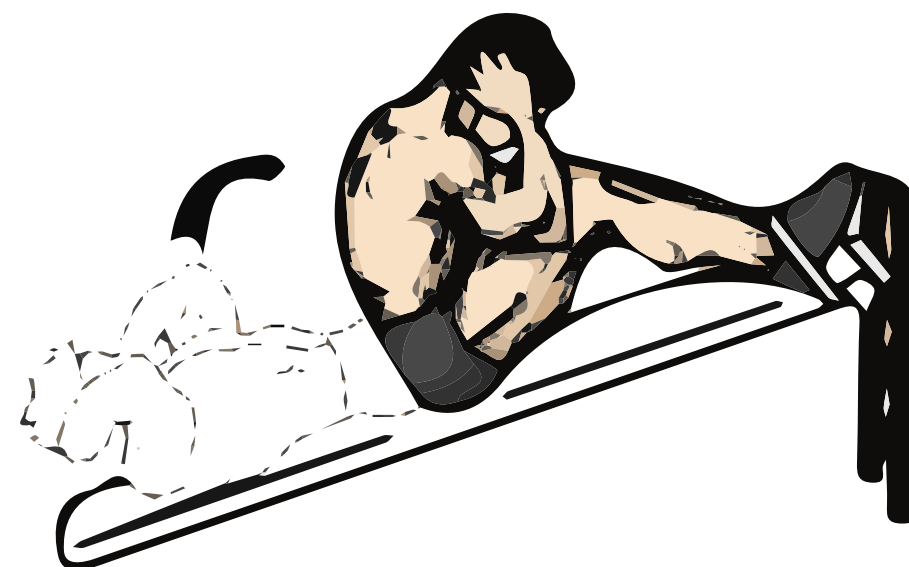
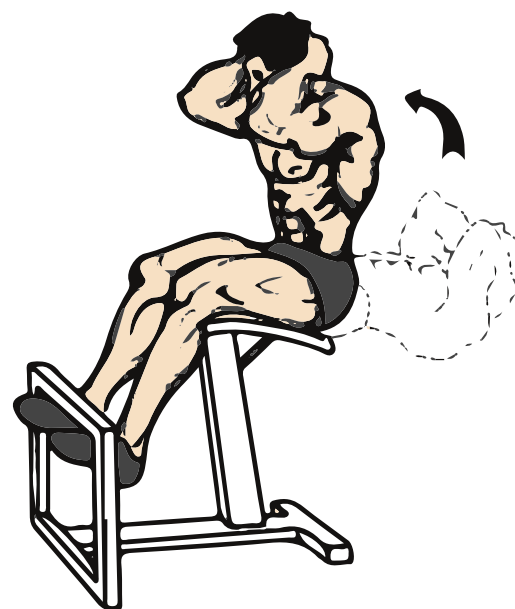
Pull-ups



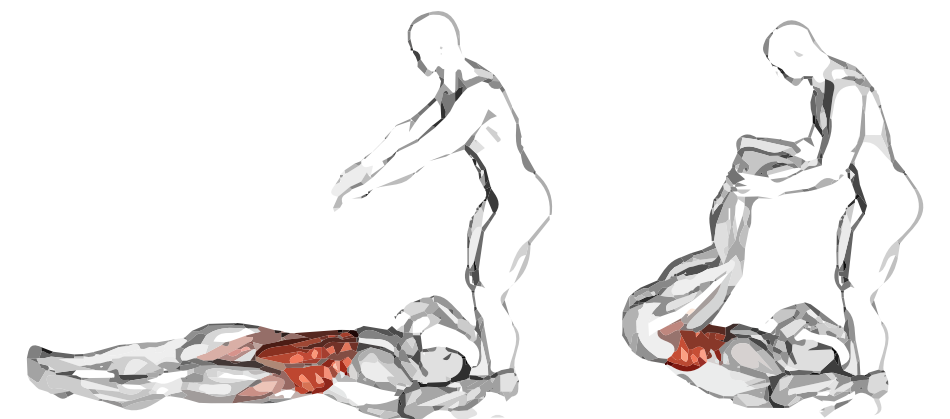
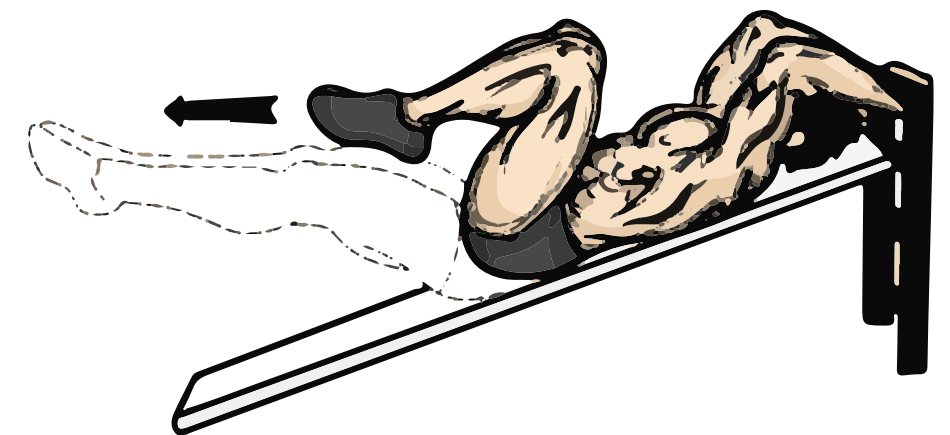
Leg-raises



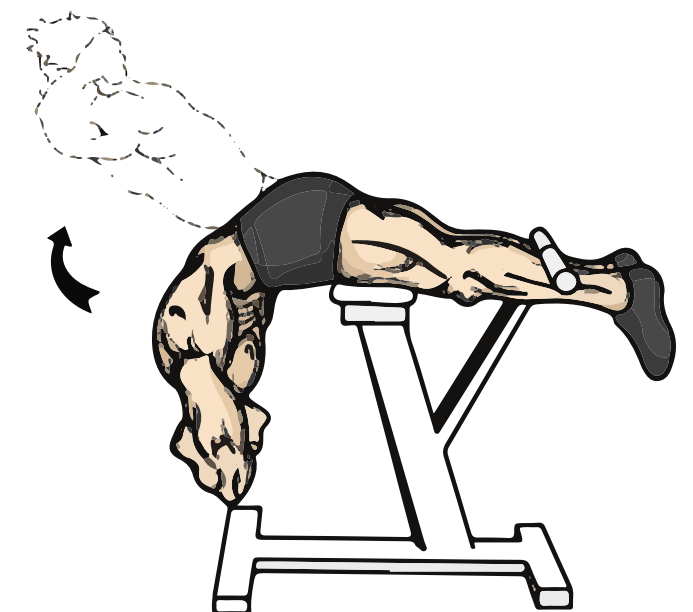
Back pull-up (reversed sit-up)



Sit-up excercises



Leg-raise excercises



Back excercises