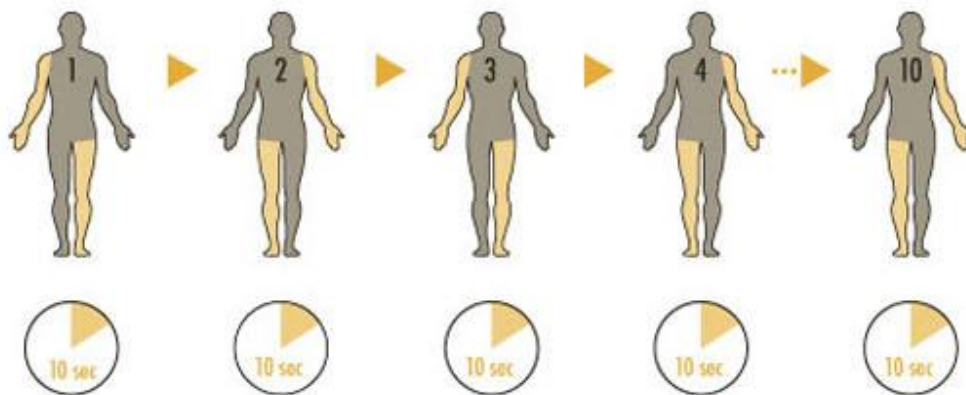


WORK YOUR ABS LIKE AN ANIMAL

Your abdominal muscles have to be strong so you can live an active, injury-free lifestyle. Here are three animal exercises to give you the core strength you need.

THE DEAD BUG



THE CAT-CAMEL

