

Recommended exercises for Central Exercise:

Section 2.5: 20, 37, 56, 71.

Section 2.6: 6, 18, 26, 48, 50, 51, 60.

Section 2.7: 4, 6, 12, 16, 18, 20, 28, 40, 58.

Section 2.8: 4, 24, 42, 52.