|  |  |
| --- | --- |
| Deadbug | Billedresultat for dead bug exercise |
| Plank | Relateret billede |
| Bird dog | Billedresultat for bird dog exerciseBilledresultat for bird dog exercise |
| Full bridge | Billedresultat for full bridge exercise |
| One legged bridge | Billedresultat for one legged bridge exercise |
| Superman | Billedresultat for superman exercise |
| Starfish crunch | The-best-ab-workout-for-this-summer-1 |