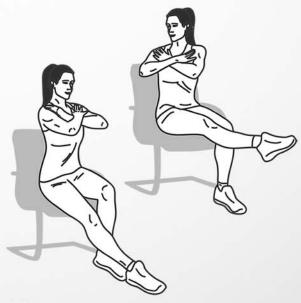




10 knee-to-elbow twists



10 leg raises with a twist