

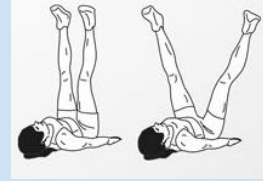
10 Min Ab Workout



10 Crunches



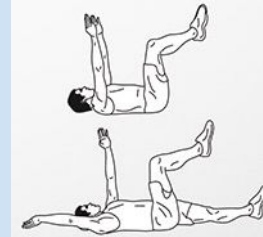
10 Leg Scissors



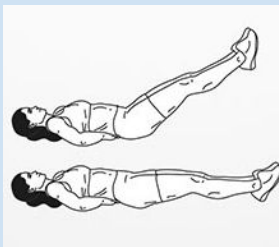
20 Second Plank Hold



10 Dead Bugs



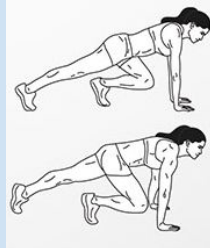
10 Leg Lifts



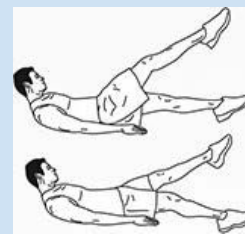
10 Supermans



20 Mountain climbers



20 Second Flutter Kick



10 Russian Twists



10 Plank shoulder Taps

Do the best you can, listen to your body and stay within your own physical capabilities



BRACEBRIDGE
The Heart of Muskoka