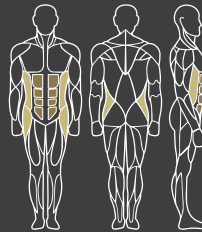


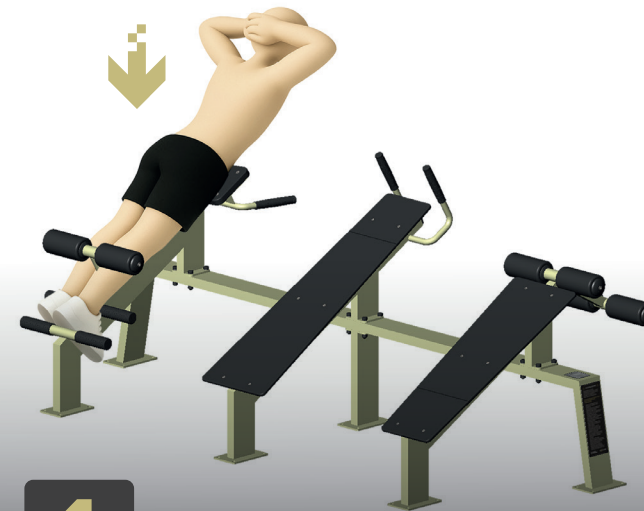
EXPLODE

HYPEREXTENSION - ABDOMINALS -
REVERSE ABDOMINALS

KF 816.3-123S

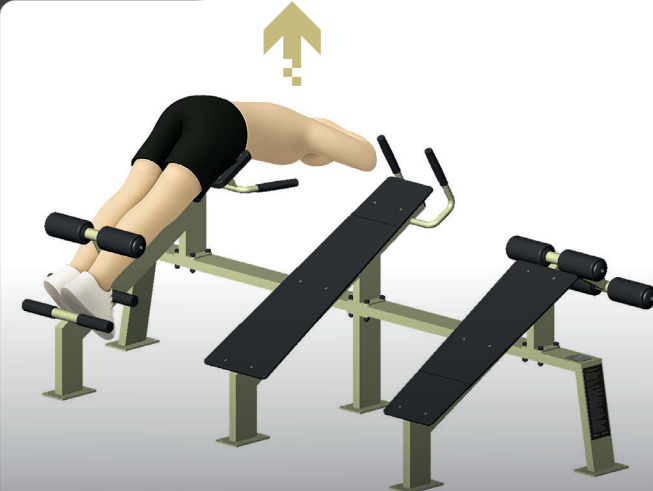


START

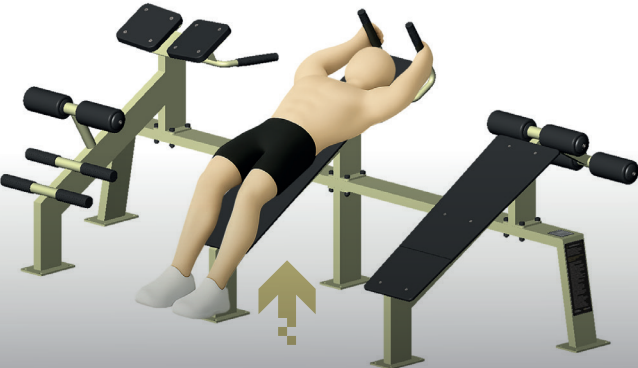


1

FINISH

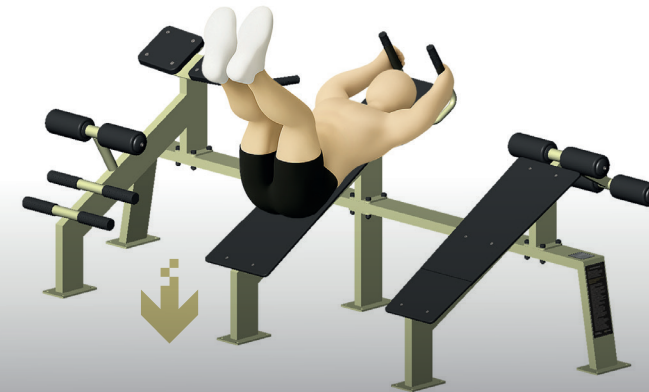


START

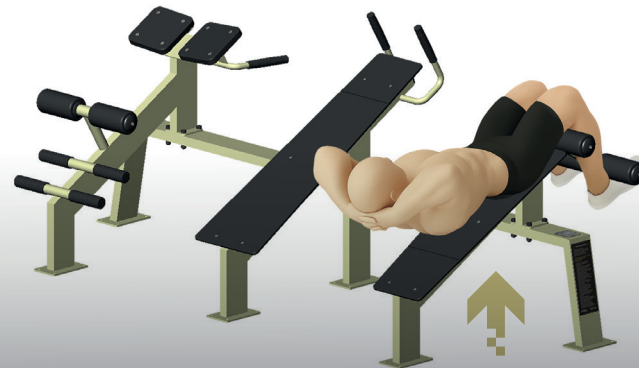


2

FINISH



START



3

FINISH

