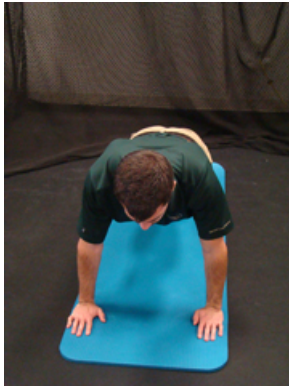




Stability Matrix 2



**Hold Push-up
15 Seconds**



Raise Right Leg - 15 Seconds



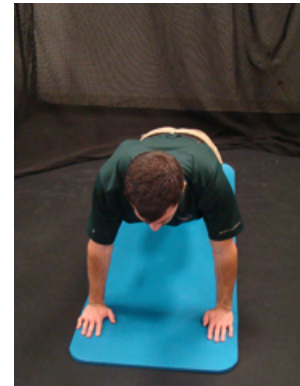
Descend to Plank - 15 Seconds



Switch Legs- 15 Seconds



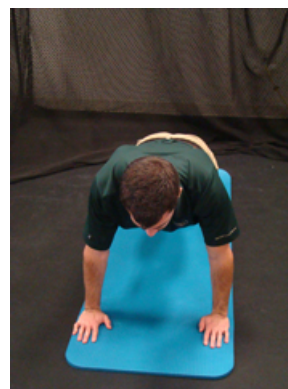
**Roll to Side
15 Seconds**



**Return to Push-up
15 Seconds**



**Descend to Plank
15 Seconds**



**Return to Push-up
15 Seconds**