

Fausto Di Giulio's Method

SLOWFIT



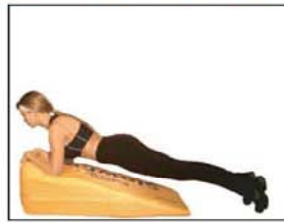
CRUNCH



REVERSE CRUNCH



LATERAL CRUNCH



PLANK



TWIST CRUNCH



BASIC SQUAT



LUNGE



KICK BACK 1



BRIDGE



KICK BACK 2



KICK OUT



KICK IN



CLOCK



BACK EXTENSION



SWIMMING



ARMS RAISES



STICK



LINE BACK



CHAIR



WARRIOR III



GRU



CROSS LINE



RELAX



BUTTERFLY



ROOF



DANCER



WAVE



LOTUS



KNEE LUNGE II



KNEE LUNGE



SPLIT



PULL 1 KNEE



PULL 2 KNEES



CAT STRETCH



ELEPHANT