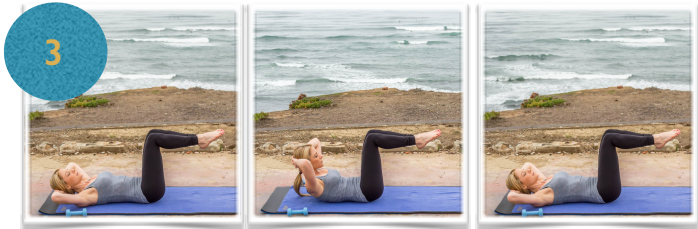


10 EXERISES FOR YOGI ABS + CORE STRENGTH

+ advanced version on CoreenMurphy.com

11.13.2014

#PRACTICEANYWHERE



"I'm continually trying to make choices that put me against my own comfort zone. As long as you're uncomfortable, it means you're growing." - ASHTON KUTCHER