

CORE WORKOUT

<https://lyceumofthephilippines.sharepoint.com/:u:/s/HT123ITMPHFNO1A-PhysicalActivitiesTowardsHealthandFitness1/EY5G0AB6zU1BjgDabM7Gml4BumD4pkyBX-xt4WOfOcoNvQ?e=e4sjyQ>