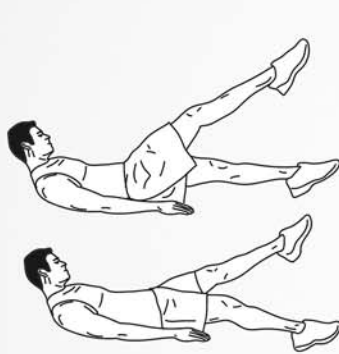


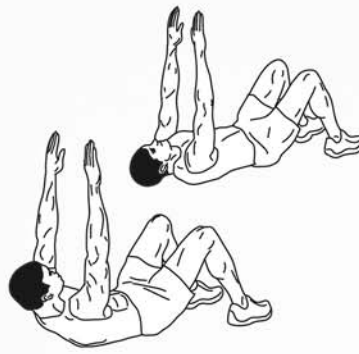
ab attack

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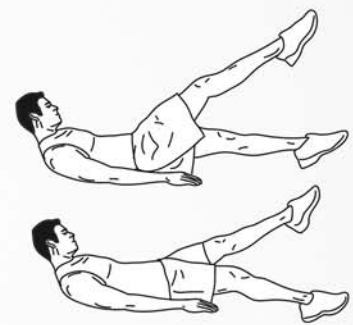
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 flutter kicks



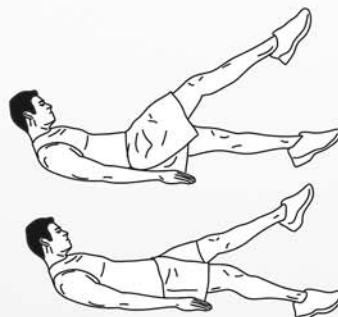
20 high crunches



20 flutter kicks



20 sitting twists



20 flutter kicks



20 knee-to-elbow crunches