

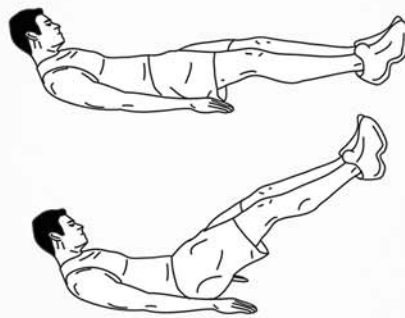
Good morning, **abs**

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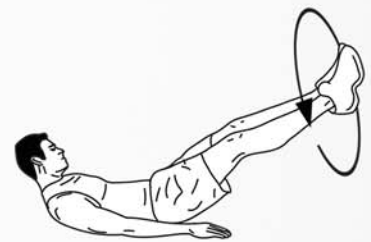
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 high crunches



10 leg raises



10 raised leg circles



10-count raised leg hold



10 flutter kicks



10 scissors

