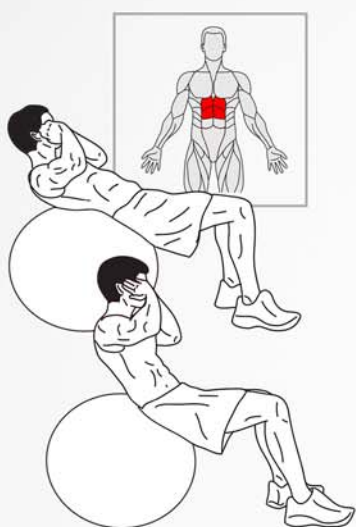


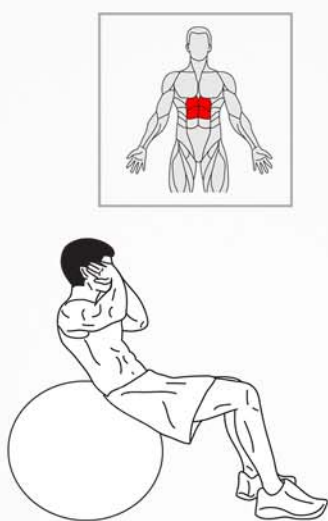
# supercut **abs**

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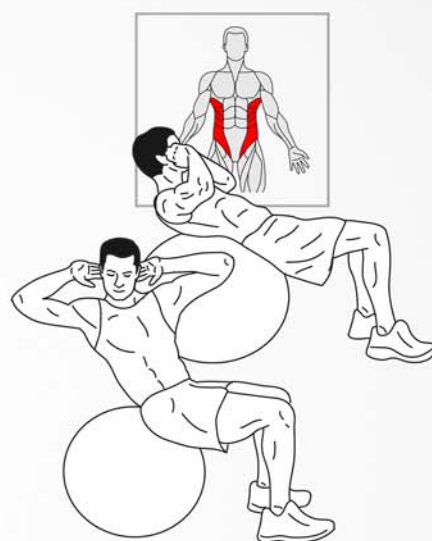
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



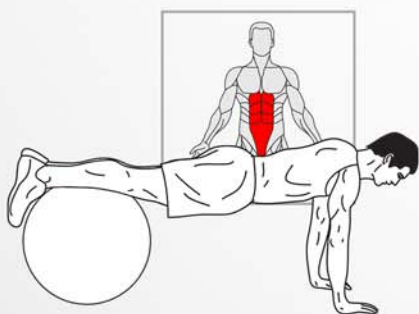
**20** crunches



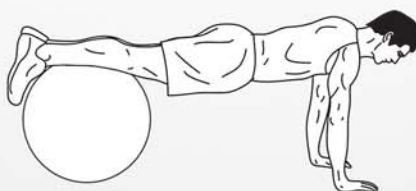
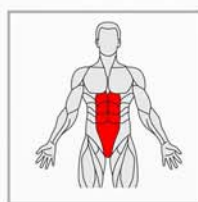
**20-count** crunch hold



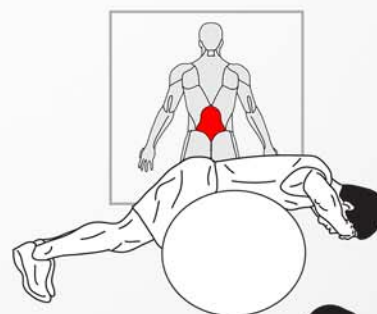
**20** cross crunches



**10** reverse crunches



**10-count** plank



**10** back extensions