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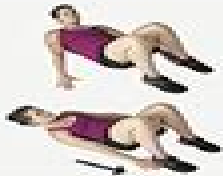
CRUNCH



SUPERMAN



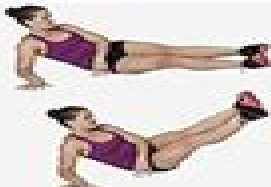
HEEL TOUCHES



TOE TOUCH



SIDE V CRUNCH

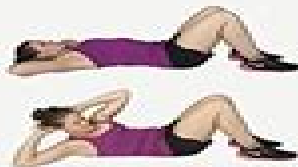


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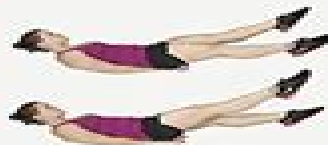
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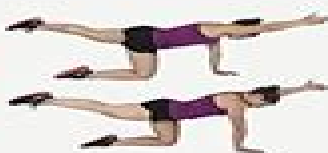
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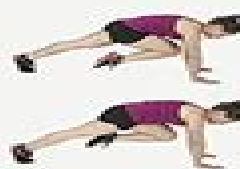
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BIRD DOG

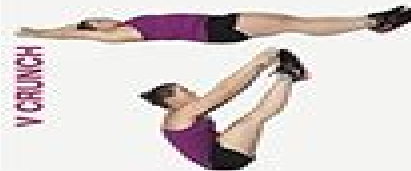


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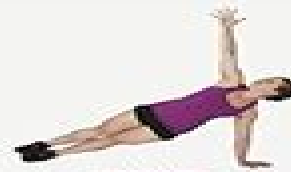


SET 3

V CRUNCH



SIDE PLANK



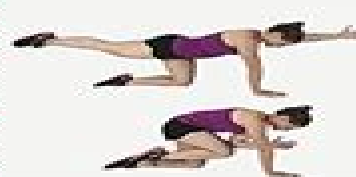
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PLANK



BIRD DOG KNEE TOUCH

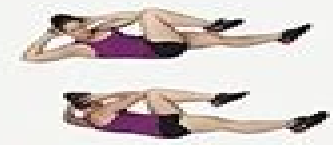


SET 4

SIT UP



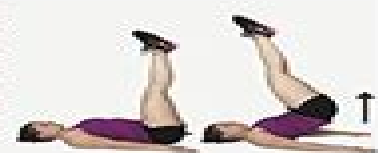
BICYCLE KICKS



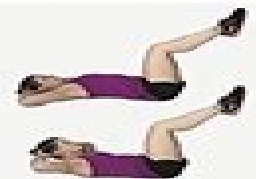
BRIDGE AND REACH



HIP LIFT CRUNCH



RAISED LEG CRUNCH



BEGINNER

10-15 REPS X 2 SETS

INTERMEDIATE

10-15 REPS X 3 SETS

ADVANCED

10-15 REPS X 4 SETS

RESTS BETWEEN SETS:

1 MIN MAX



The Complete Workout

William Smith



The Complete Workout:

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