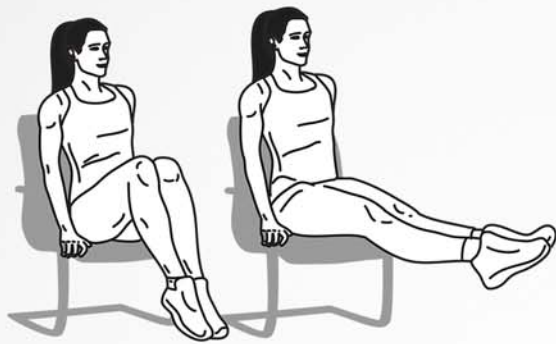
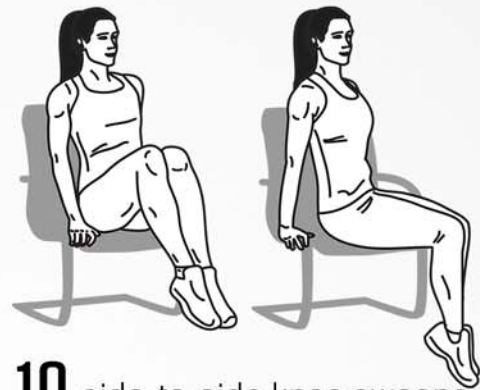


chair abs

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10 crunch kicks



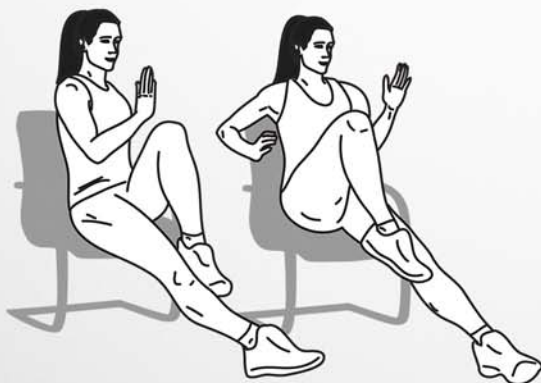
10 side-to-side knee sweeps



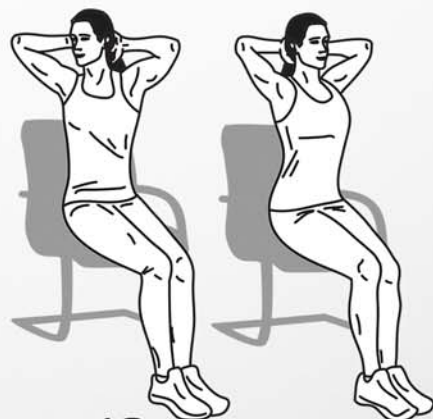
10 knee-to-elbows



10 leg raises



10 cycling crunches



10 sitting twists