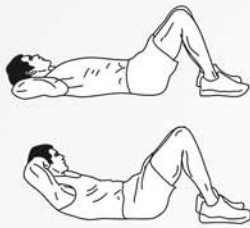


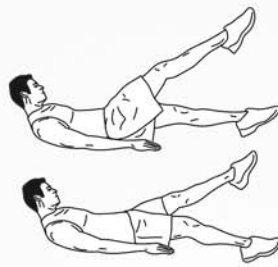
epic abs

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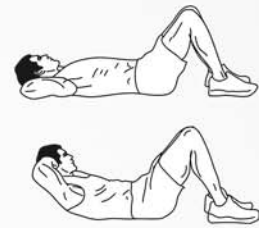
Level I 3 sets Level II 4 sets Level III 5 sets | 2 minutes rest



20sec crunches



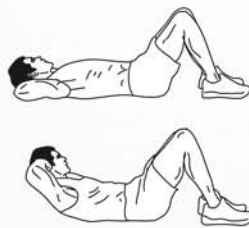
20sec flutter kicks



20sec crunches



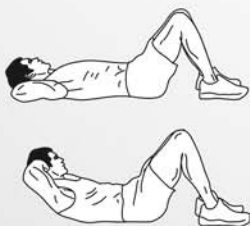
20sec heel taps



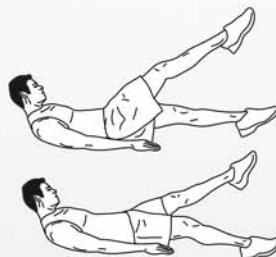
20sec crunches



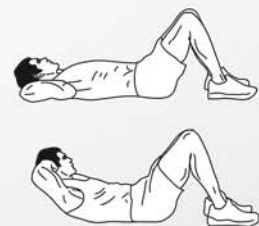
20sec heel taps



20sec crunches



20sec flutter kicks



20sec crunches