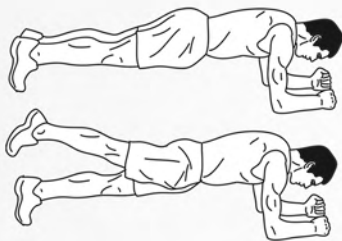


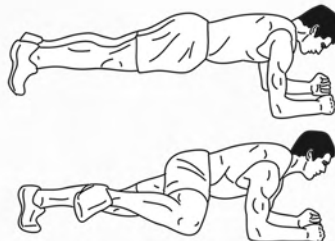
killer core

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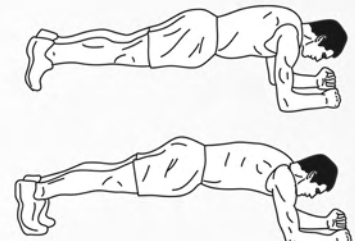
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



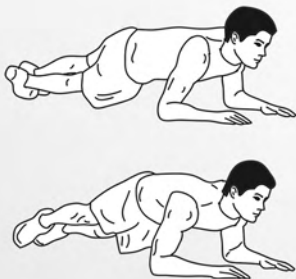
10 plank leg raises



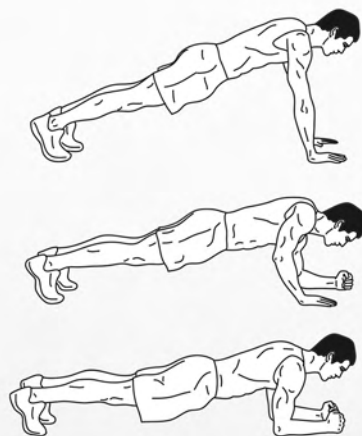
10 plank side crunches



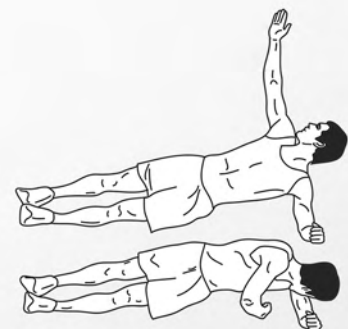
10 body saw



10 plank rolls



10 up and down planks



10 side plank rotations