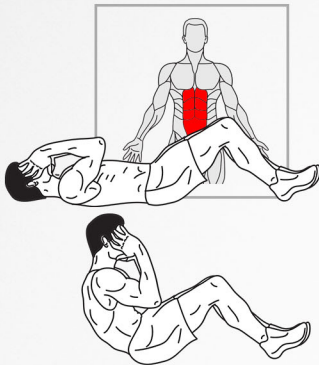


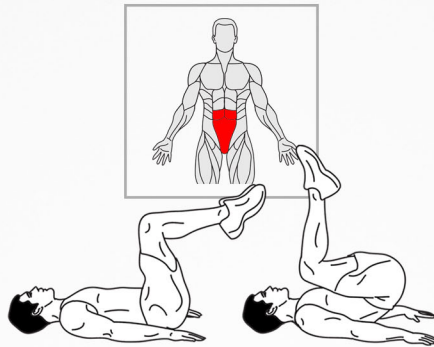
total abs

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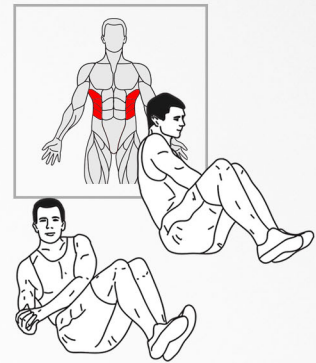
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



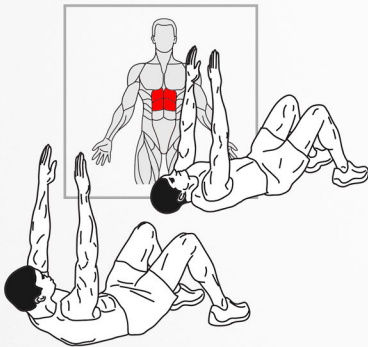
10 sit-ups



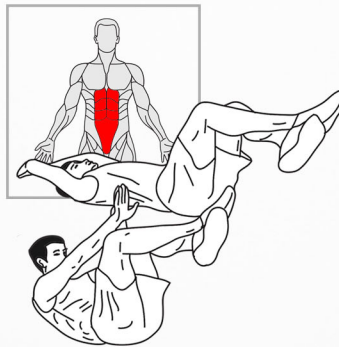
10 reverse crunches



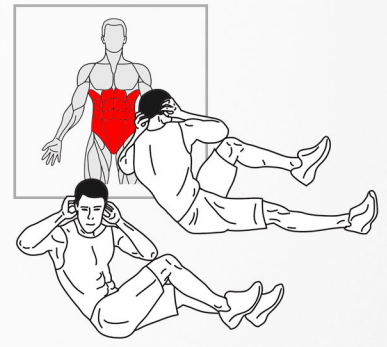
10 sitting twists



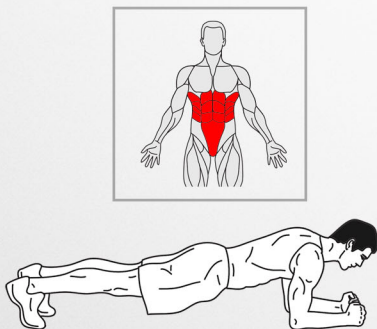
10 high crunches



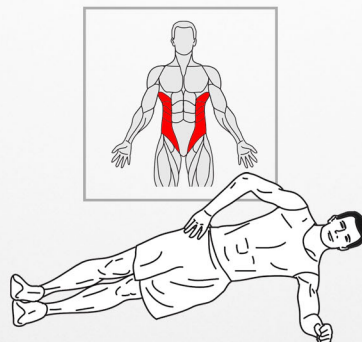
10 knee crunches



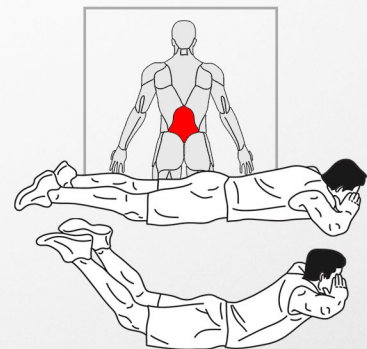
10 knee-to-elbow crunches



20sec elbow plank



20sec side elbow plank



5 back extensions