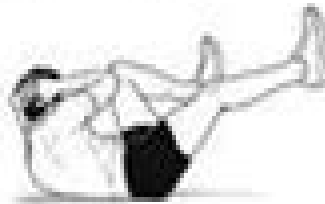
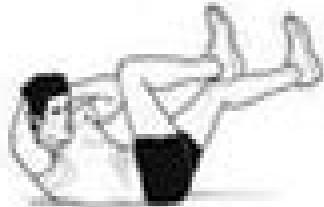


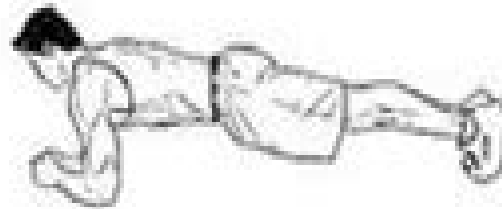
Six Pack Abs Workout

2-4 Sets

1. 20 bicycle crunches



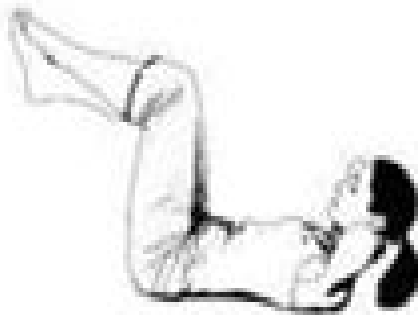
2. 30 second plank



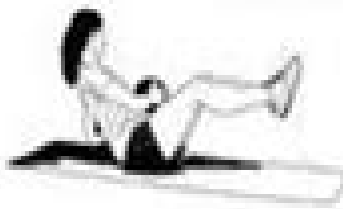
3. 40 mountain climbers



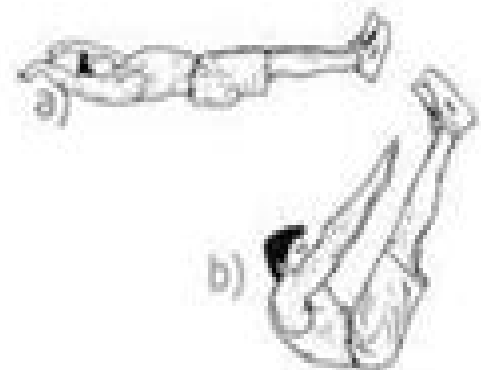
4. 30 raised knee crunches



5. 20 Russian twists



6. 12 jack-knife sit-ups



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Bill Bryans



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