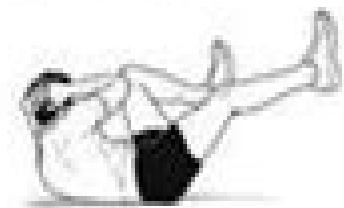
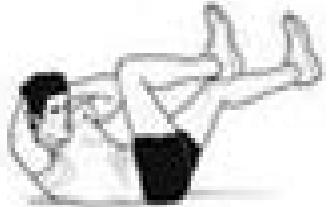


Six Pack Abs Workout

2-4 Sets

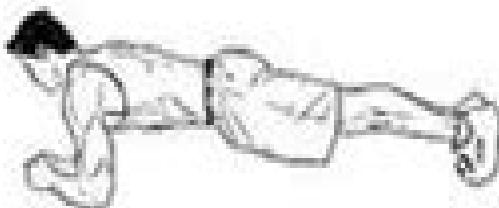
1.

20 bicycle crunches



2.

30 second plank



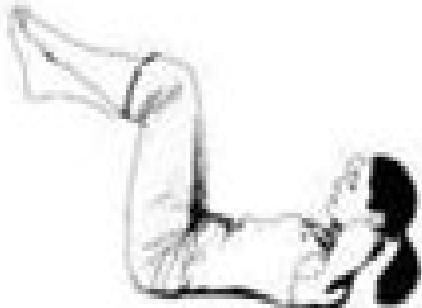
3.

40 mountain climbers



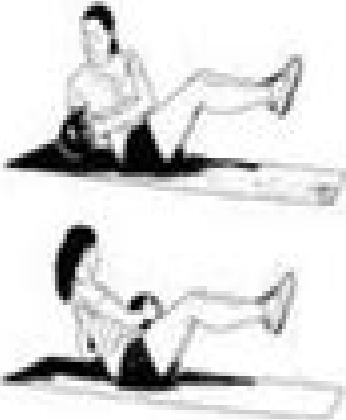
4.

30 raised knee crunches



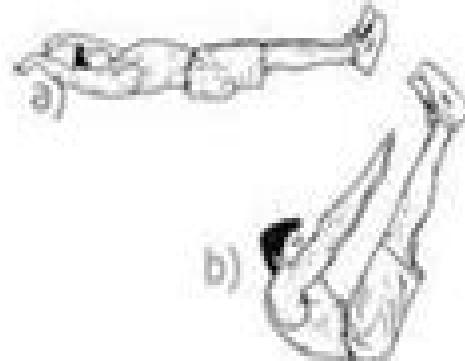
5.

20 Russian twists



6.

12 jack-knife sit-ups



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