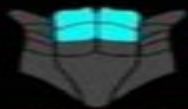


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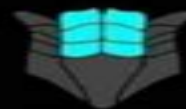
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UPPER



LOWER



SIX PACK



OBLIQUES



COMPLETE



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Easier

DIFFICULTY

HARDER

					
Crunches	Reverse Crunch	Flutter Kicks	Sitting Twist	Knee to Elbow	Half Wipers
					
High Crunches	Scissors	Elbow Plank	Cross Crunches	Knee to Elbow V2	Arm/Leg raise
					
Sit-Ups	Leg Raises	L-Sit	Side Jack-knives	Dead Bug	Wipers
					
Long Arm Crunches	Pulse ups	Star Plank	Toe taps	Plank Crunches	Plank Rolls
					
Hundreds	Bicycle Crunches	Hollow Hold	Sitting Punches	Side Plank Crunches	Knee to Twists
					
Knee Crunches	Crunch Kicks	V-Ups	Side Plank	V with rotations	Climber Taps

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Albert W. Horsmon



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