

8 MINS TO

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10 CRUNCHES



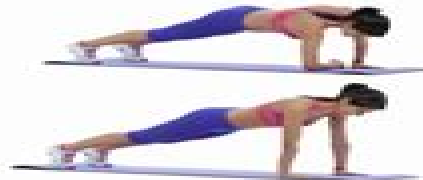
10 BICYCLE CRUNCHES



10 MOUNTAIN CLIMBERS



10 SIDE V-UPS (PER SIDE)



10 DYNAMIC PLANKS



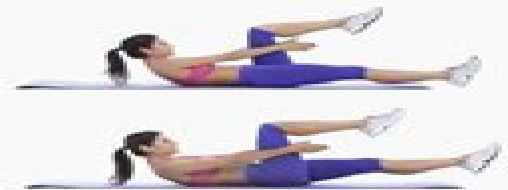
10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

SETS LEVEL I 2 SETS LEVEL II 3 SETS LEVEL III 4 SETS **REST BETWEEN SETS** UP TO 1MIN

Abs Exercise Picture

Frank C. Rollins



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