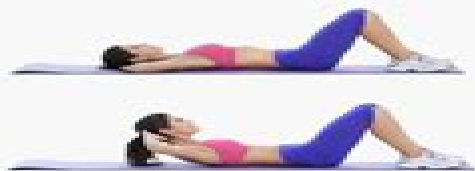


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10 CRUNCHES



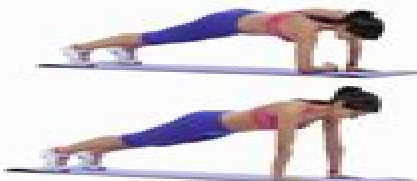
10 BICYCLE CRUNCHES



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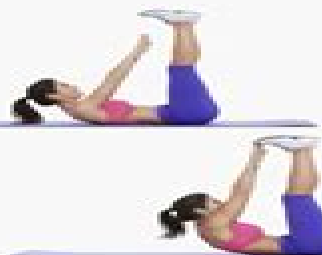
10 SIDE V-UPS (PER SIDE)



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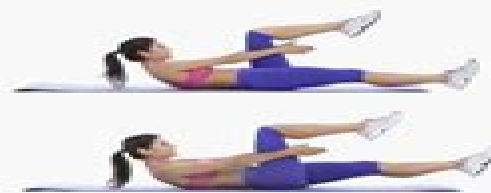
10 KNEE TOUCHES



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

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Ying-Ying Zheng

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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