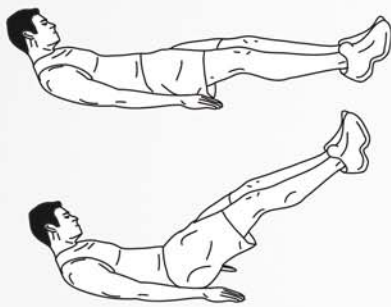


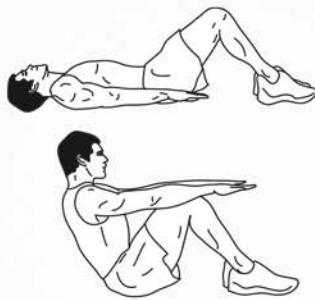
washboard **abs**

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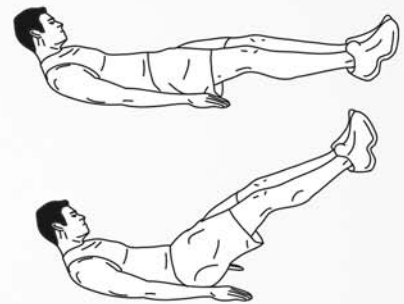
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 leg raises



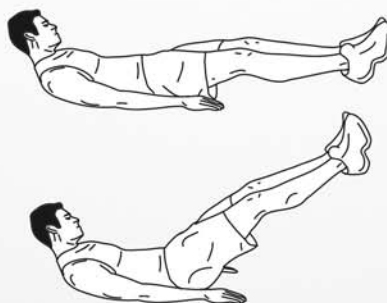
20 sit-ups



10 leg raises



20 knee-to-elbow crunches



10 leg raises



20 side jackknives