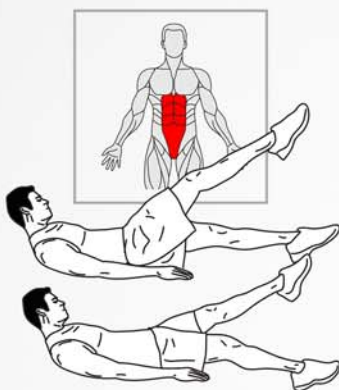


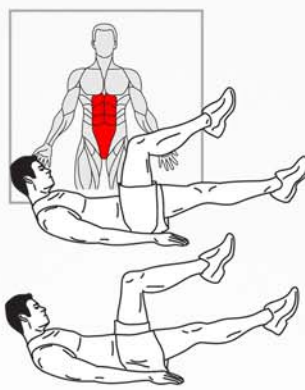
total abs

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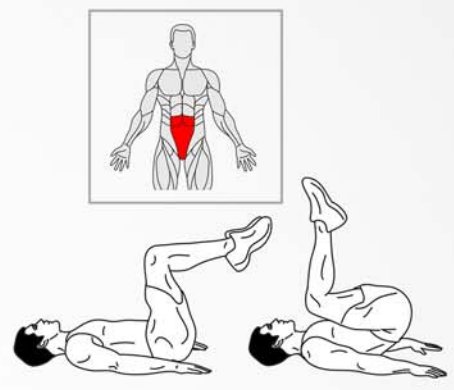
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



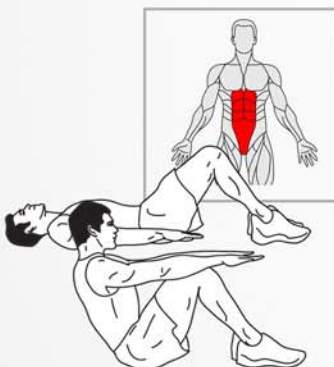
20 flutter kicks



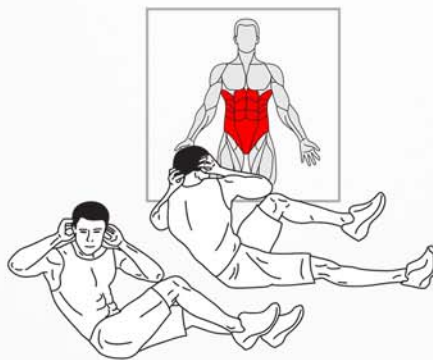
20 air bike crunches



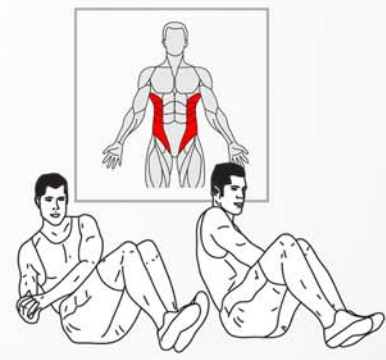
20 reverse crunches



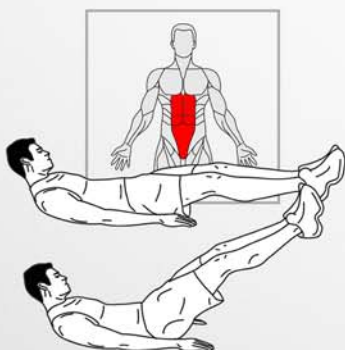
10 sit-ups



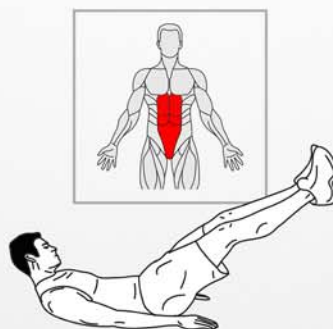
10 knee-to-elbow crunches



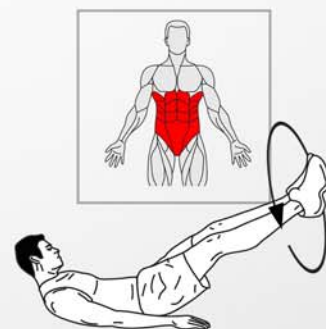
10 sitting twists



10 leg raises



10-count raised leg hold



10 raised leg circles