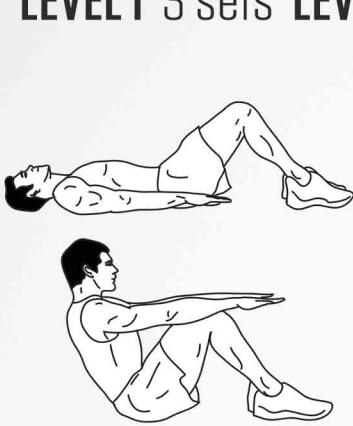


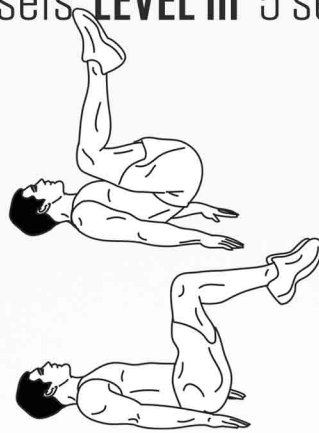
code of abs

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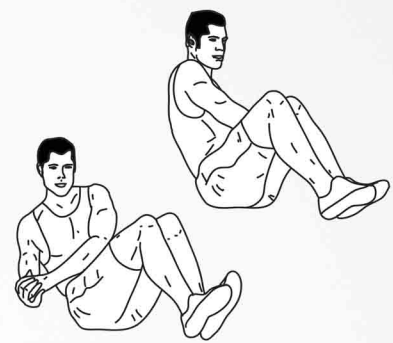
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



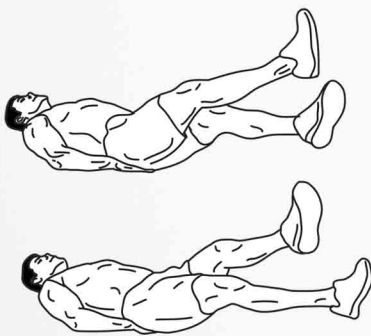
10 sit-ups



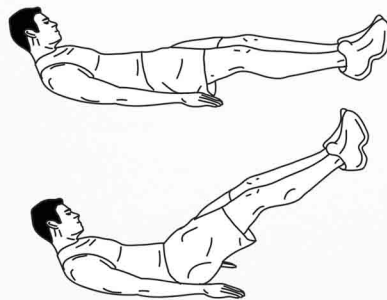
10 reverse crunches



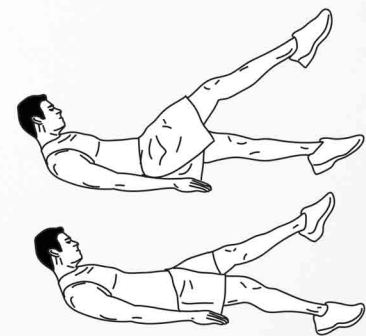
10 sitting twists



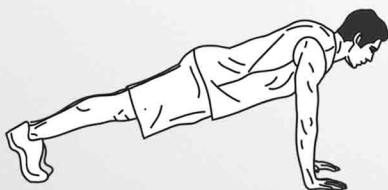
8 scissors



8 leg raises



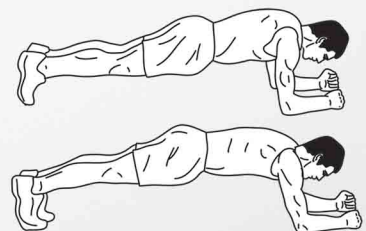
20 flutter kicks



30sec plank



30sec elbow plank



8 body saw