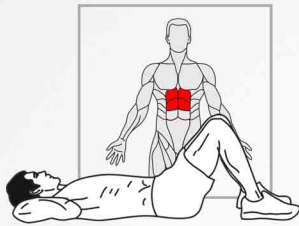


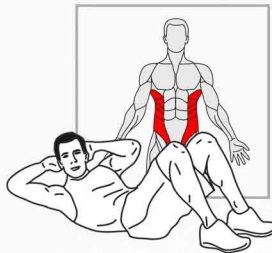
Master Pack

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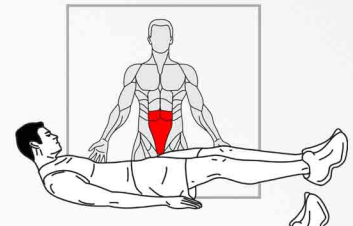
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



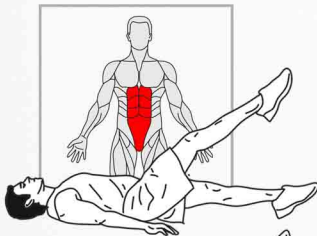
40 crunches



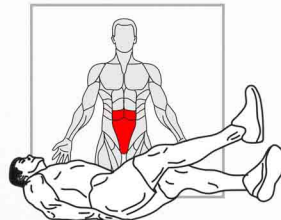
10 cross crunches



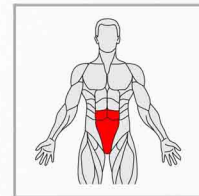
10 leg raises



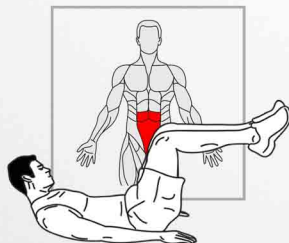
40 flutter kicks



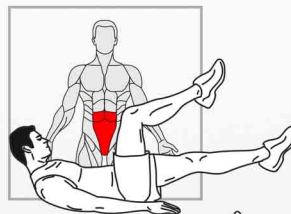
10 scissors



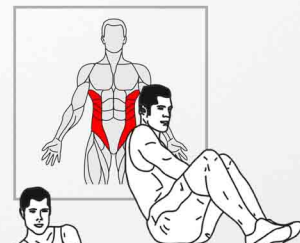
10 raised leg circles



10 crunch kicks



10 air bike crunches



40 sitting twists