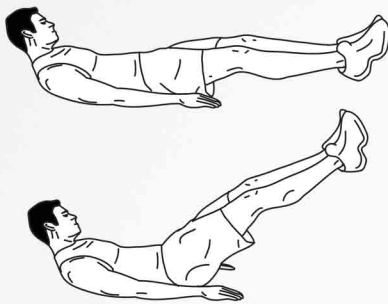


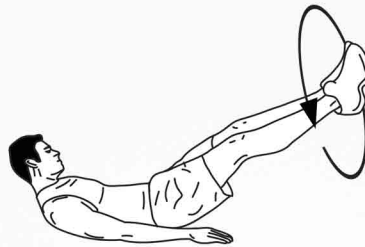
armor abs

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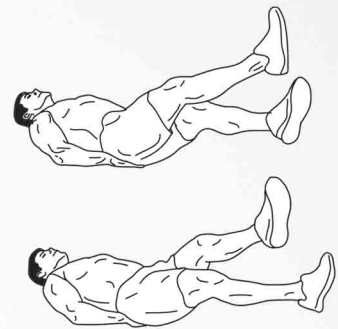
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



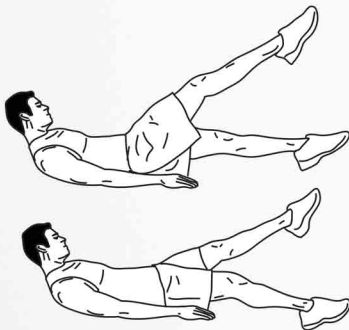
10 leg raises



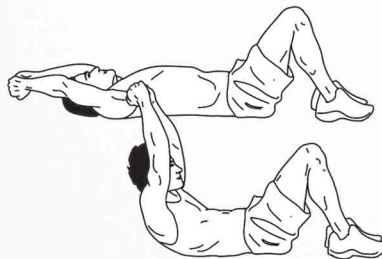
10 raised leg circles



10 scissors



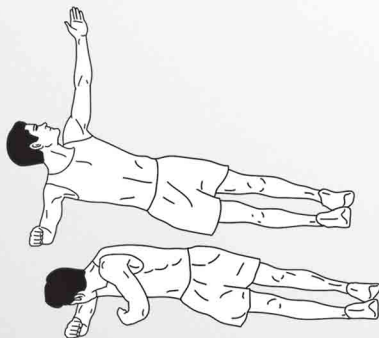
20 flutter kicks



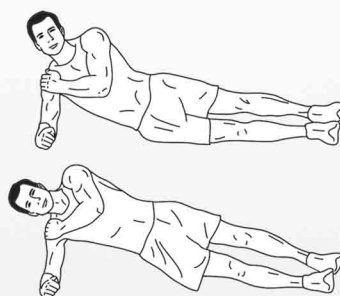
5 long arm crunches



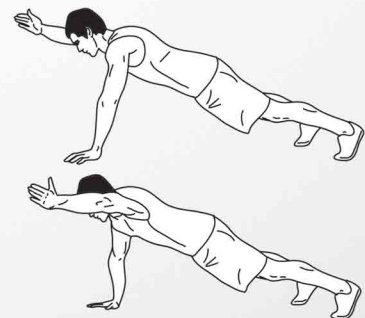
5 knee crunches



10 side planks rotations



10 side bridges



10 plank arm raises