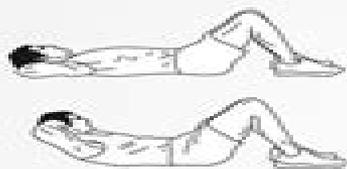


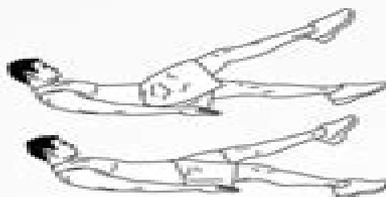
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 crunches



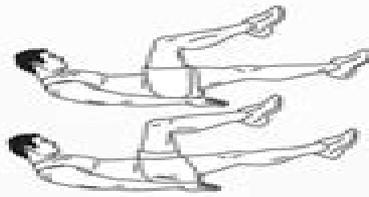
10 flutter kicks



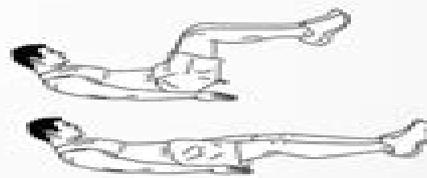
5 leg raises



10 knee crunches



10 air bike



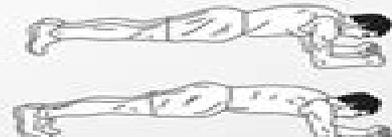
5 crunch kicks



10 plank arm raises



10-count elbow plank



5 body saw

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