

abs of steel

NEILA REY WORKOUT © neilarey.com



10 sit-ups



12 flutter kicks



10 leg raises



10 air bike crunches



10 knee crunches



10 leg pull-ins



10 plank arm raises



30sec elbow plank



10 body saw

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

Abs Of Steel For Men

Victor M. Corman



Abs Of Steel For Men:

Abs Of Steel For Men Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Abs Of Steel For Men**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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