

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

S Baum



Abs Of Steel For Men:

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