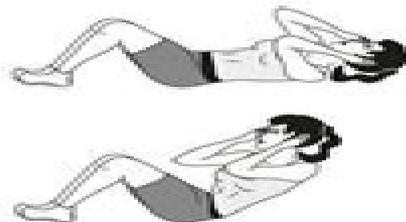


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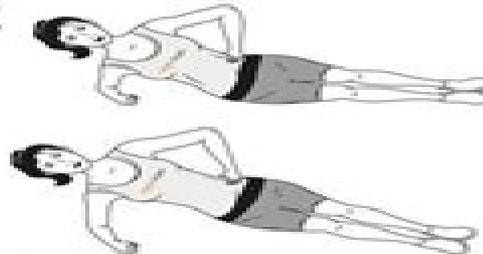
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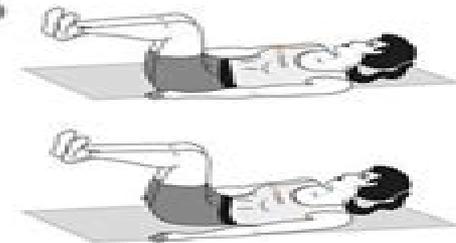
1 min. Sit ups

2



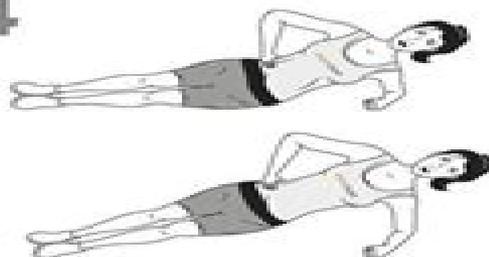
30 secs Side plank (right)

3



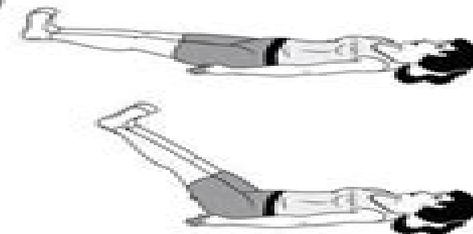
1 min. Reverse crunches

4



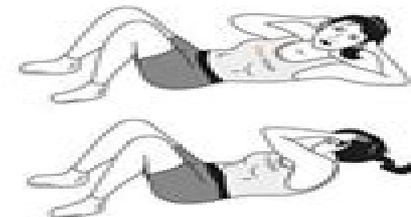
30 secs Side plank (left)

5



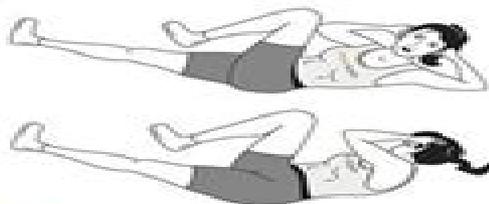
1 min. Leg raises

6



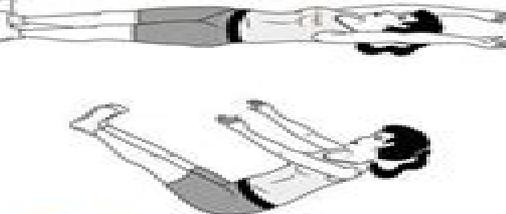
1 min. Diagonal crunches

7



1 min. Cycle crunches

8



1 min. V sit

9



1 min. Plank

Complete 1 set

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