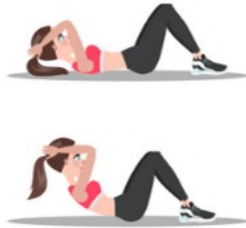


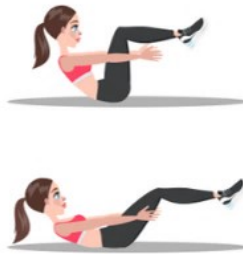


# ABS WORKOUT

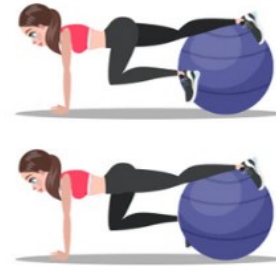
1 3 sets 10 reps



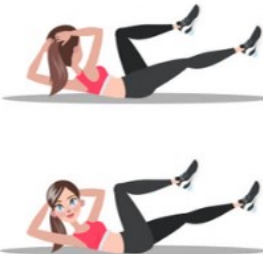
2 3 sets 10 reps



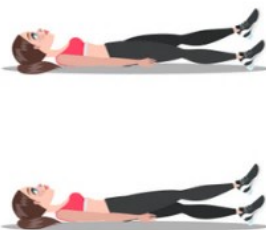
3 4 sets 12 reps



4 3 sets 10 reps



5 3 sets 10 reps



6 4 sets 12 reps

