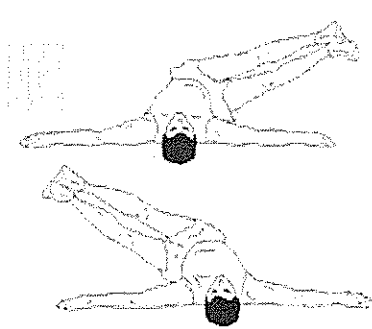


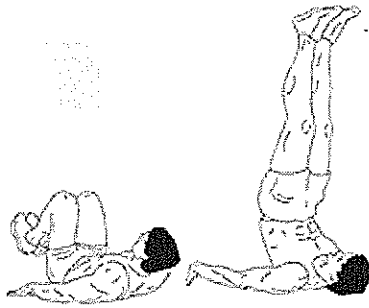
power abs

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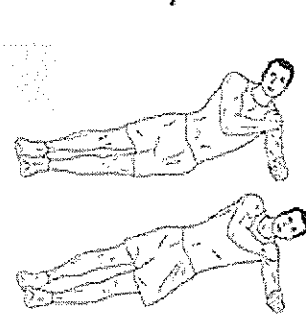
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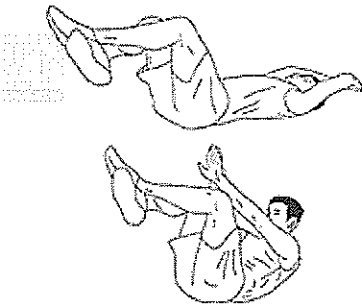
20 windshield wipers



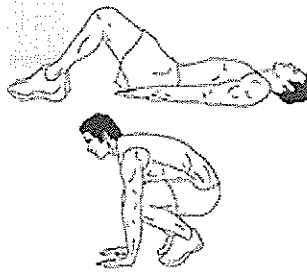
10 butt-ups



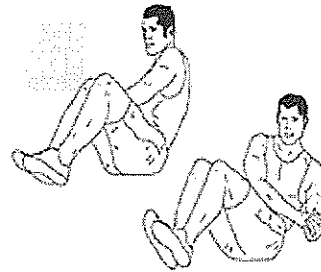
20 side bridges



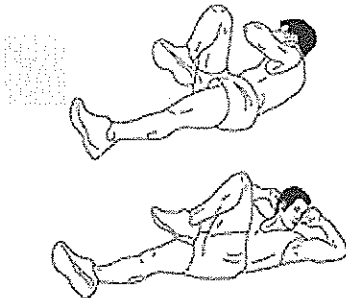
10 knee crunches



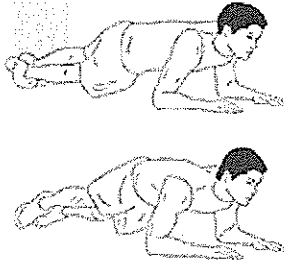
10 full sit-ups



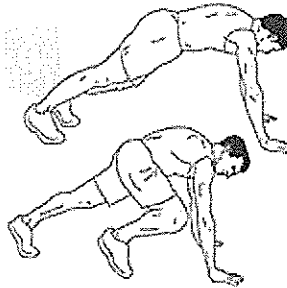
20 sitting twists



20 cycling crunches



10 plank leg rolls

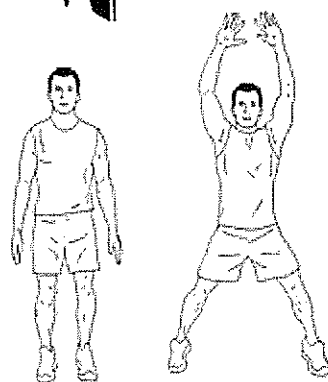


20 climbers

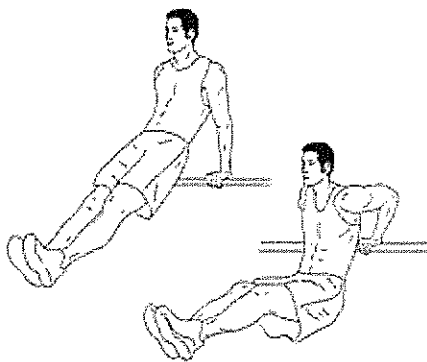
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes



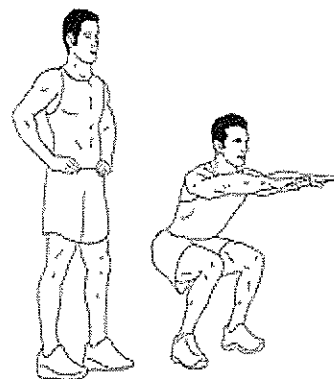
GLADIATOR



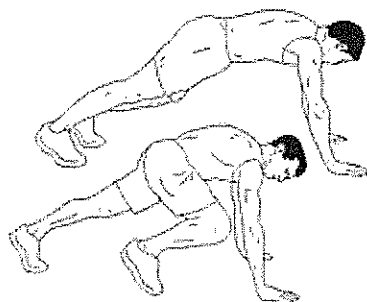
50 jumping jacks



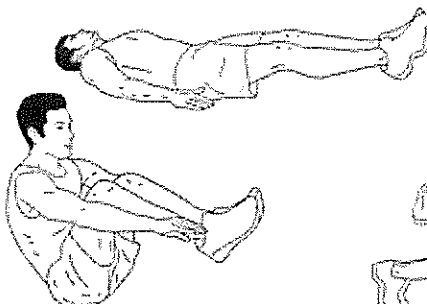
20 tricep dips



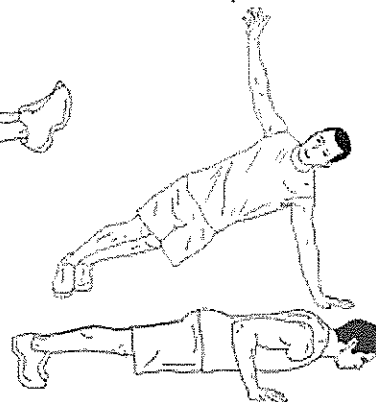
40 squats



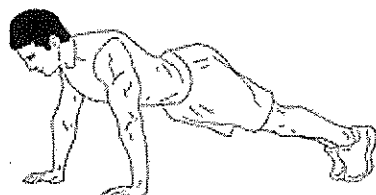
50 mountain climbers



20 modified v-sits



20 push-ups w/ rotation



20 up & down planks

sets level I 3 sets level II 5 sets level III 10 sets rest between sets up to 2 minutes

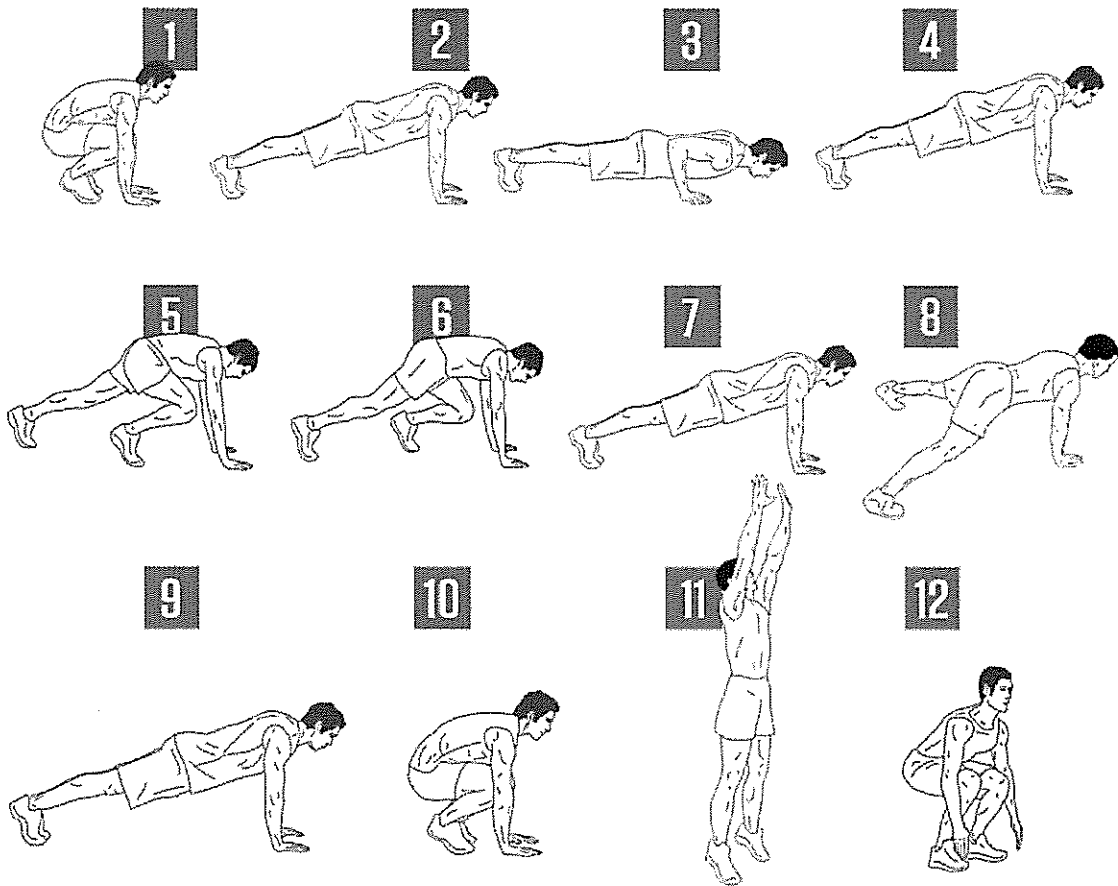
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12-count burpee

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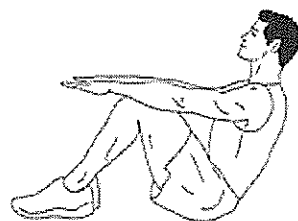
LEVEL I 20 reps LEVEL II 40 reps LEVEL III 60 reps



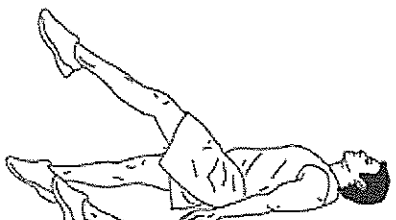
abs of steel

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10 sit-ups



12 flutter kicks



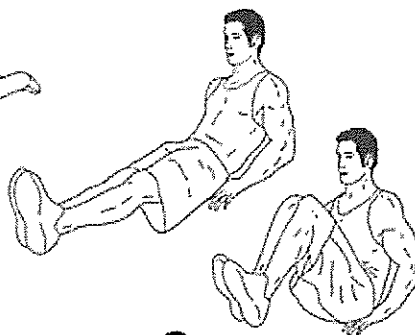
8 leg raises



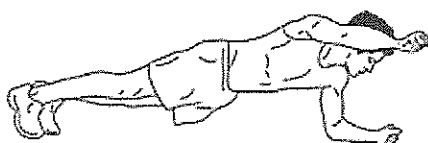
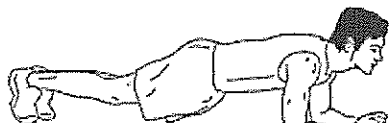
10 cycling crunches



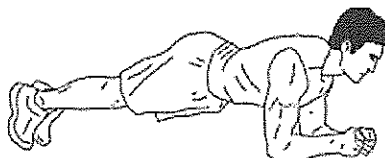
10 knee crunches



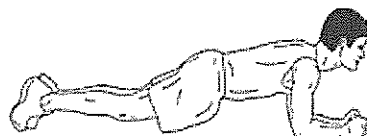
8 leg pull-ins



10 e/plank arm reaches



30sec elbow plank



10 body saw

level I 4 sets level II 6 sets level III 8 sets rest between sets up to 3 minutes