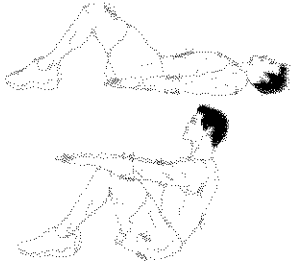


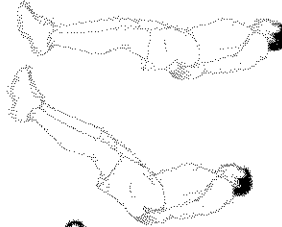
abs of steel



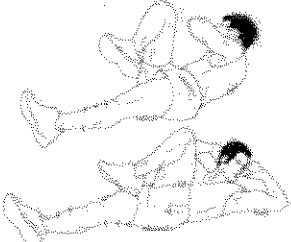
10 sit-ups



12 flutter kicks



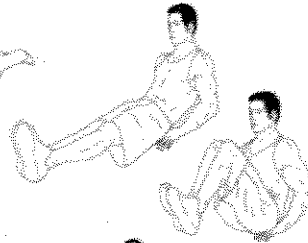
8 leg raises



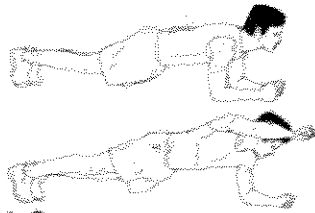
10 cycling crunches



10 knee crunches



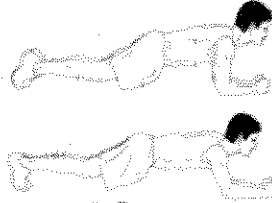
8 leg pull-ins



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