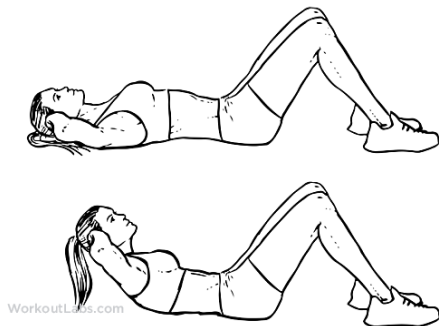
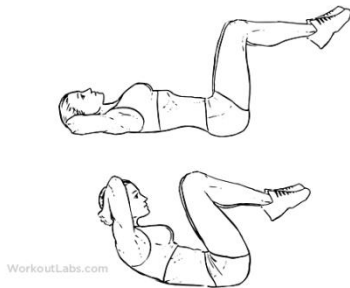


Ab Workout 2-3 Rounds

Crunches
25 Reps



90 Degree Crunch
10 Reps



Flutter Kicks
50 Reps



Cacoons
10 Reps



Bicycle/Elbow to Knee
40 Reps



Ankle Taps
50 Reps