

SIX PACK ABS

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UPPER

LOWER

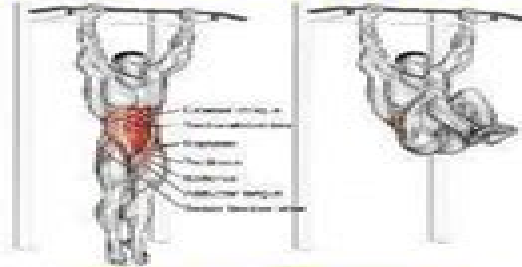
OBLIQUES



Cable Crunches



Hanging Leg Raises



Knee Raises



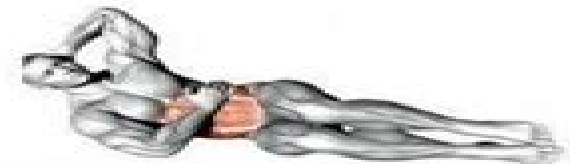
Dragon Flag



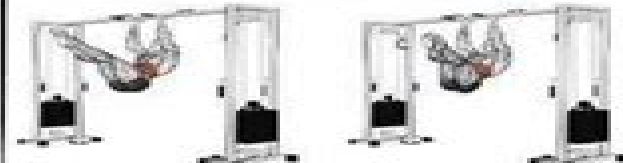
Russian Twist



Side Bend



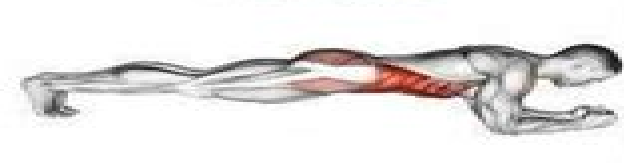
Windshield Wiper



Decline Crunches



Planks



Men Health Abs Training Guide

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