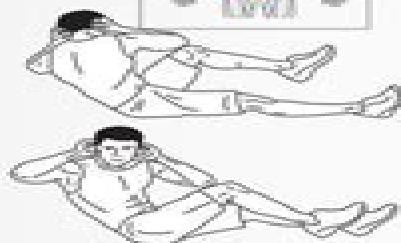


2-minute **abs**

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1. knee-to-elbow crunches



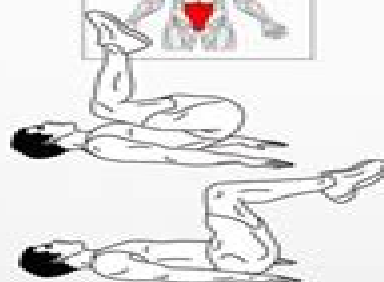
2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists

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