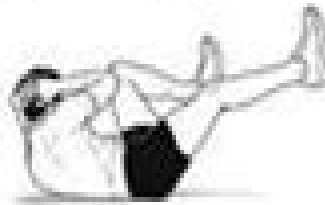
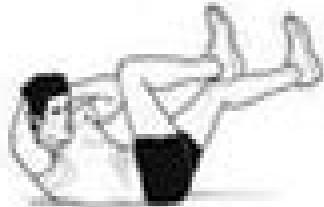


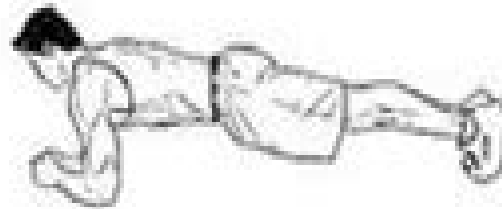
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2-4 Sets

1. 20 bicycle crunches



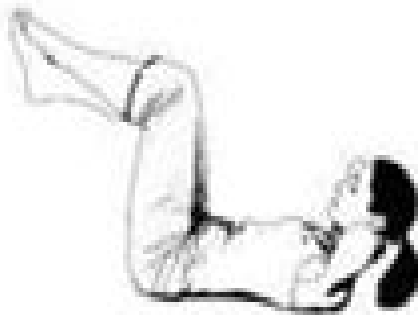
2. 30 second plank



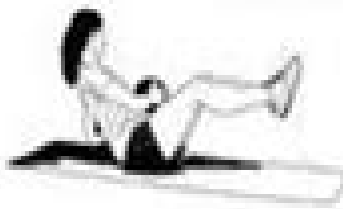
3. 40 mountain climbers



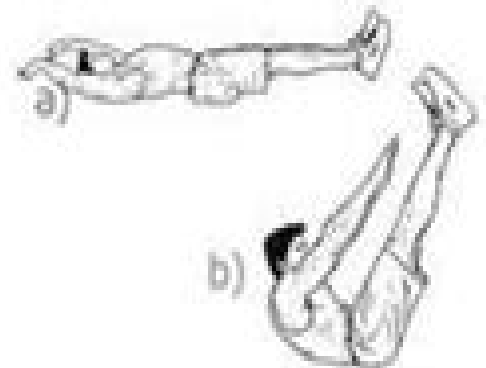
4. 30 raised knee crunches



5. 20 Russian twists



6. 12 jack-knife sit-ups



Instant Abs Instruction Manual

R Sanford



Instant Abs Instruction Manual:

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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Instant Abs Instruction Manual**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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