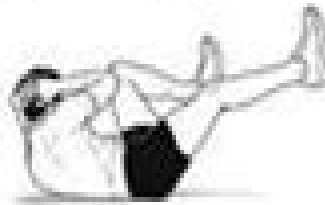
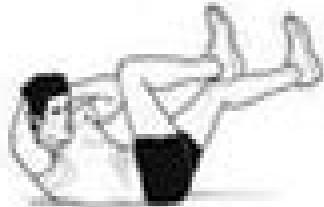


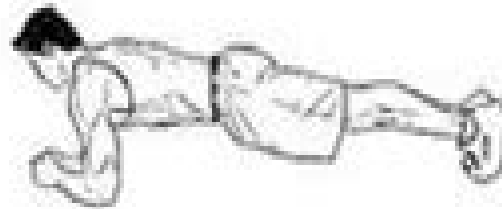
Six Pack Abs Workout

2-4 Sets

1. 20 bicycle crunches



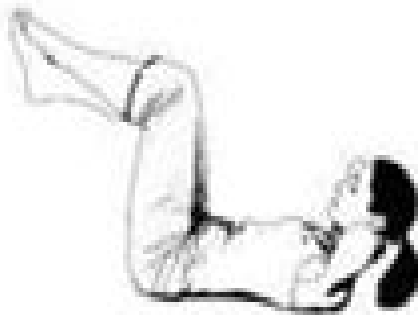
2. 30 second plank



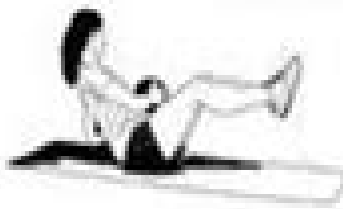
3. 40 mountain climbers



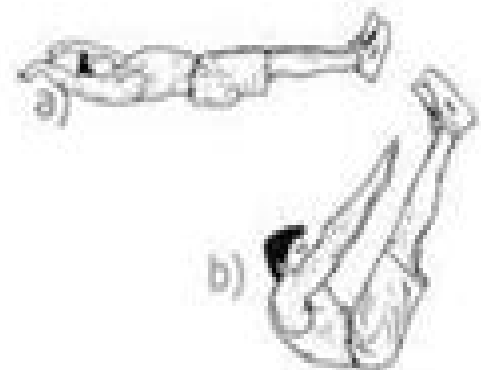
4. 30 raised knee crunches



5. 20 Russian twists



6. 12 jack-knife sit-ups



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J Ma



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Decoding **Instant Abs Instruction Manual**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Instant Abs Instruction Manual**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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