

SIX PACK ABS

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UPPER

LOWER

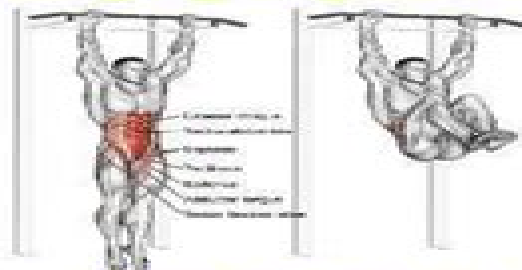
OBLIQUES



Cable Crunches



Hanging Leg Raises



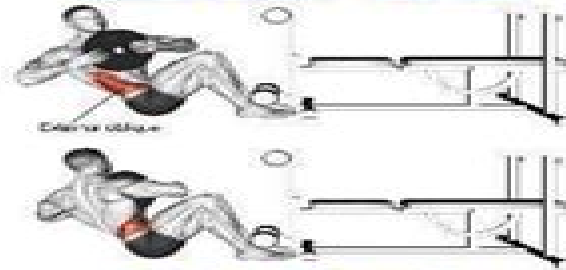
Knee Raises



Dragon Flag



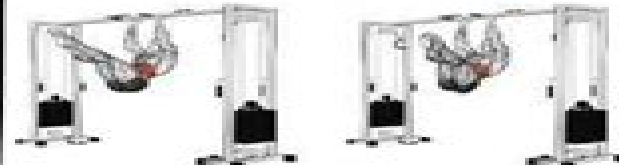
Russian Twist



Side Bend



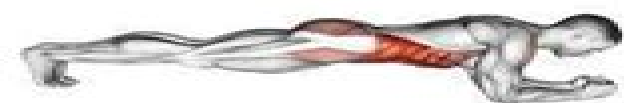
Windshield Wiper



Decline Crunches



Planks



Men Health Abs Training Guide

Patrick Vollmar



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