

# SIX PACK ABS

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## UPPER

## LOWER

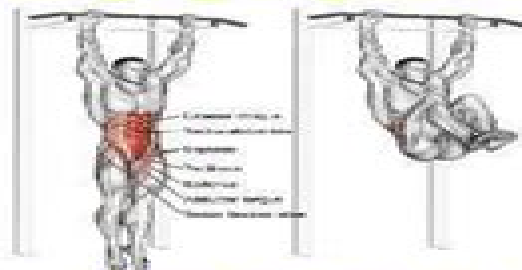
## OBLIQUES



### Cable Crunches



### Hanging Leg Raises



### Knee Raises



### Dragon Flag



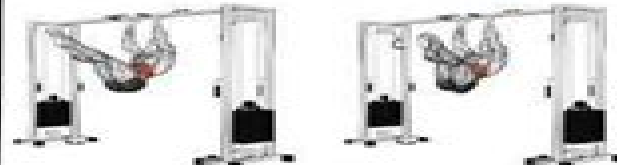
### Russian Twist



### Side Bend



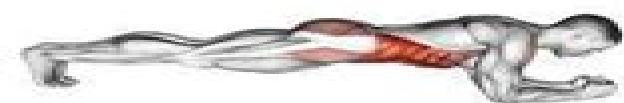
### Windshield Wiper



### Decline Crunches



### Planks



# Men Health Abs Training Guide

**Knut A. Jacobsen**



**Men Health Abs Training Guide:**

Discover tales of courage and bravery in Crafted by is empowering ebook, **Men Health Abs Training Guide** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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