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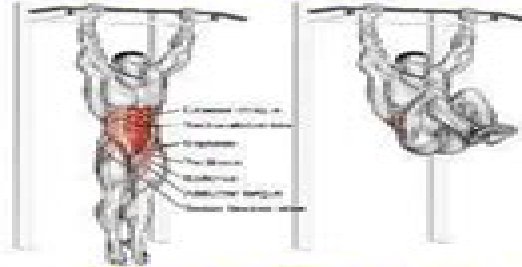
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Cable Crunches



Hanging Leg Raises



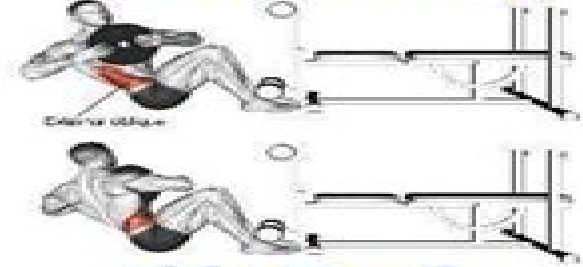
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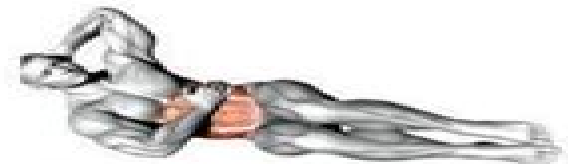
Dragon Flag



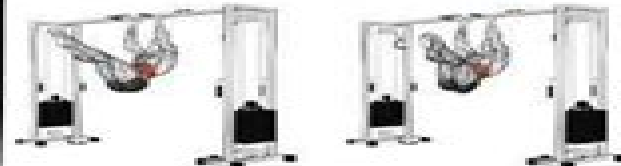
Russian Twist



Side Bend



Windshield Wiper



Decline Crunches



Planks



Men Health Abs Training Guide

Brendan G. Carr

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