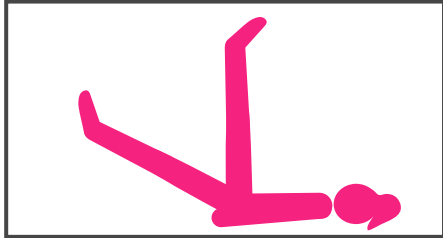


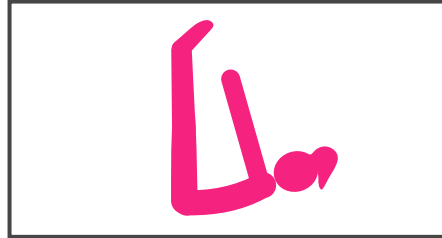
1000 reps abs workout

50 REPS OF EVERYTHING / 2 SETS

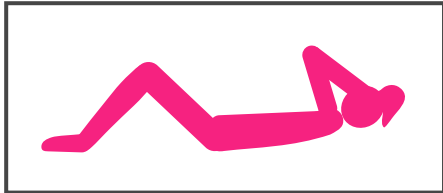
SCISSORS



STRAIGHT LEG CRUNCH



SIDE REACH



BICYCLE



DOUBLE LEG STRETCH



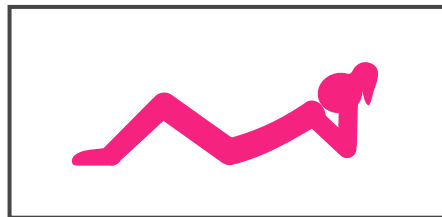
REVERSE CRUNCH



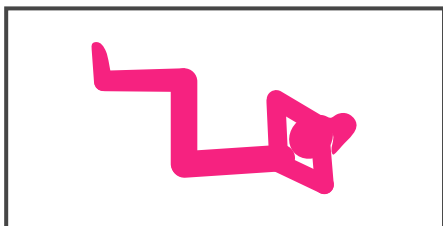
ROLLING LIKE A BALL



STANDARD CRUNCH



OBLIQUE CRUNCH



V SIT

