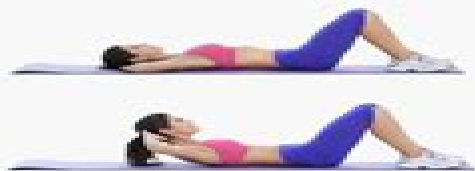


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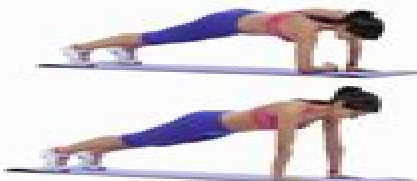
10 BICYCLE CRUNCHES



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10 SIDE V-UPS (PER SIDE)



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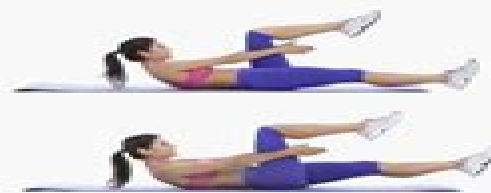
10 KNEE TOUCHES



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10 LEG LIFTS



10 CRUNCH CLAPS

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**Karen Kedrowski**



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