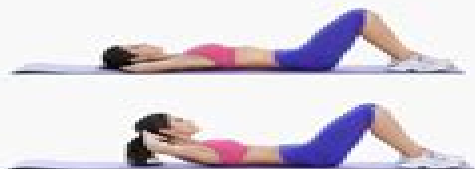


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# ABS

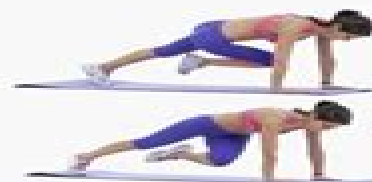
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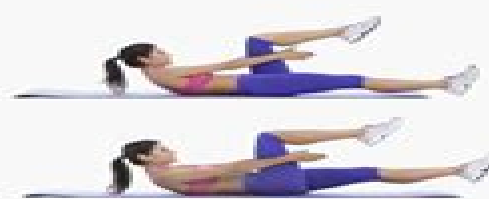
10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

**SETS** LEVEL I 2 SETS   LEVEL II 3 SETS   LEVEL III 4 SETS   **REST BETWEEN SETS** UP TO 1MIN

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**Xiang Xie**



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