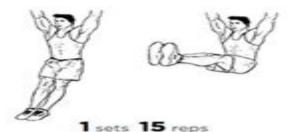
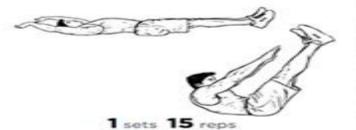
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Hanging Leg Raise



Jackknife Sit-up / Crunch



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Burpees



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1 sets 25 reps

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