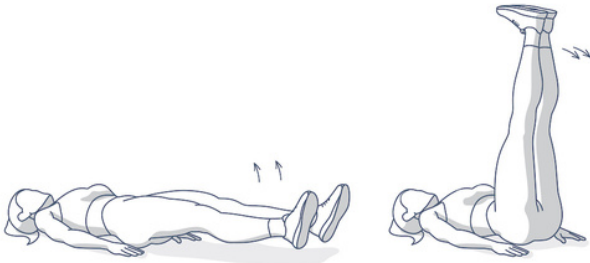


30 DAY AB CHALLENGE

LYING LEG RAISES

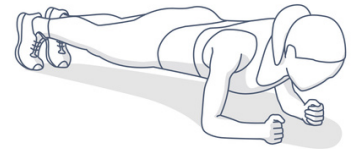
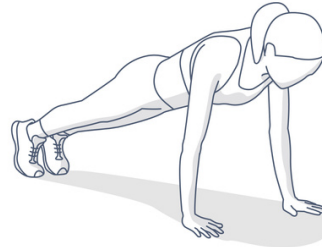
(A)

(B)



FULL PLANK

LOW PLANK



CRUNCHES

BASIC VARIATION

(A)

(B)

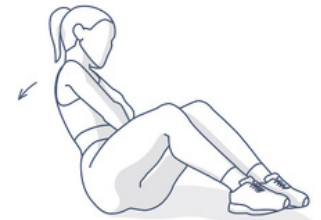
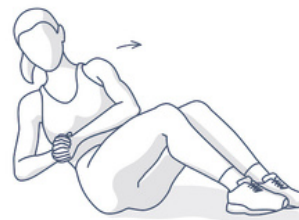


RUSSIAN TWIST

PRO VERSION

(A)

(B)



V-SIT

VARIATION #1



HORIZONTAL MOUNTAIN CLIMBERS

BASIC VARIATION

(A)

(B)

(C)

