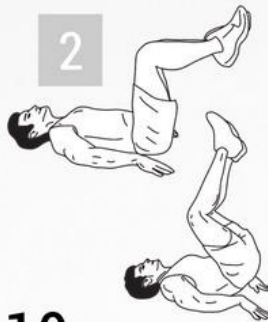


code of abs

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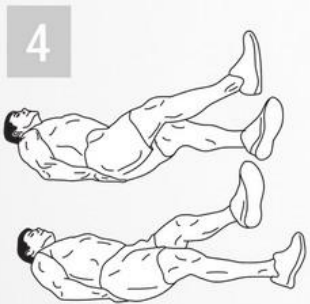
10 sit-ups



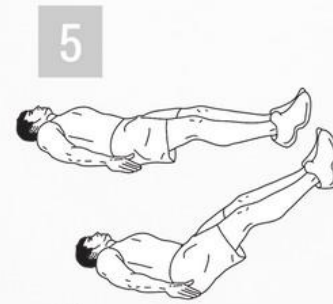
10 reverse crunches



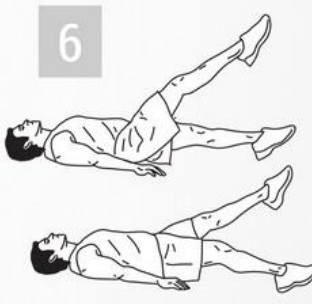
10 sitting twists



8 scissors



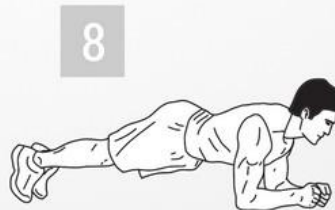
8 leg raises



20 flutter kicks



30sec plank



30sec elbow plank

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes