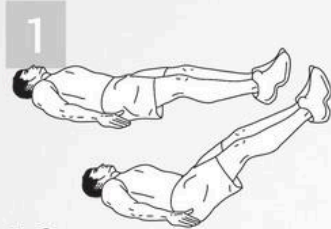
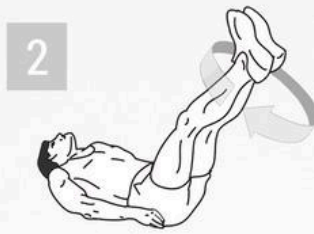


armor abs

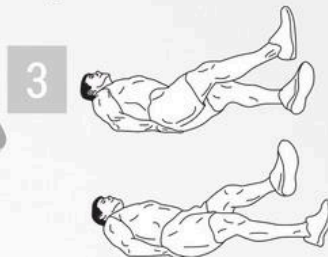
NEILA REY WORKOUT @ neilarey.com



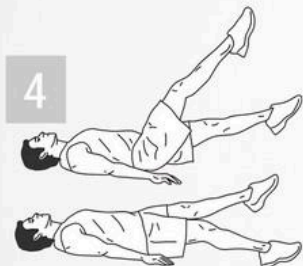
10 leg raises



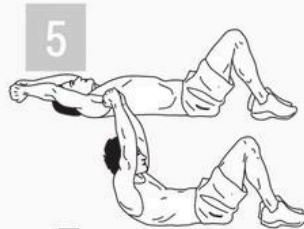
10 leg raised circles



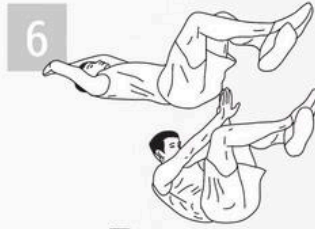
10 scissors



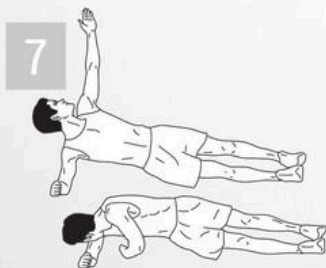
20 flutter kicks



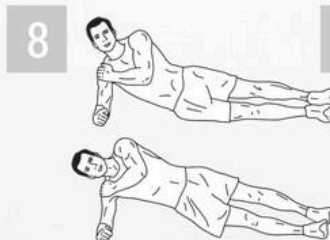
5 long arm crunches



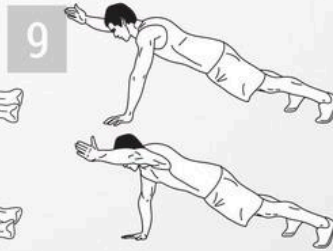
5 knee crunches



10 planks w/rotations



10 side bridges



10 plank arm raises

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