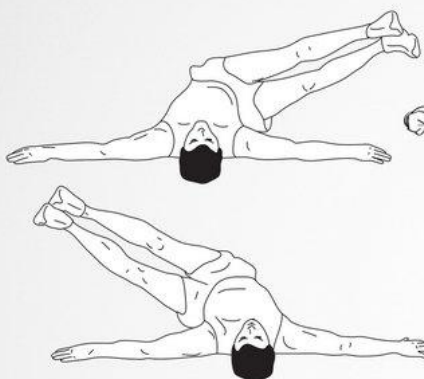
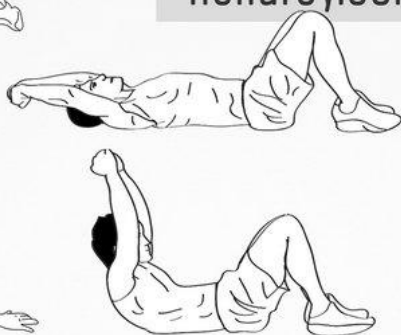


ABS ON FIRE

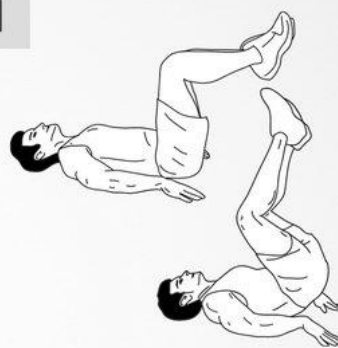
neilarey.com



1. windshield wipers



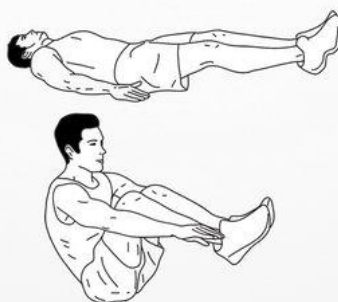
2. long arm crunches



3. reverse crunches



4. bicycle crunches



5. modified V-sits



6. heel touches

10 reps each

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