

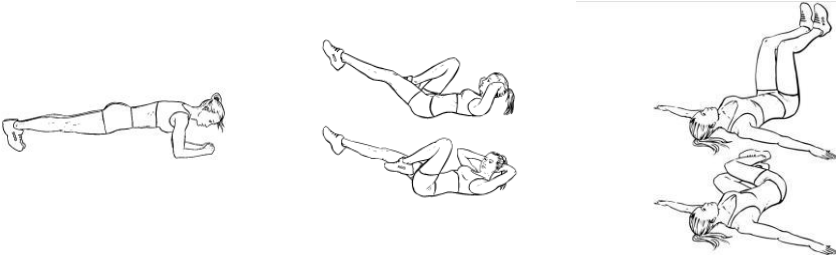





LOWER AB WORKOUT

<p>Leg Drops 60 Seconds</p> <p>Rest 20 Seconds</p>		
<p>Scissor Kicks 30 Seconds</p> <p>Elbow Plank 20 Seconds</p> <p>Rest 20 Seconds</p>		
<p>Elbow Plank 20 Seconds</p> <p>Bicycles 30 Seconds</p> <p>Windshield Wipers 30 Seconds</p> <p>Rest 20 Seconds</p>		
<p>Leg Drops 40 Seconds</p> <p>Scissor kicks 30 Seconds</p> <p>Rest 20 seconds</p>		
<p>Elbow Plank 30 seconds</p> <p>Crunches 20 seconds</p>		
<p>WOOHOO! CONGRATULATIONS!! YOU MADE IT!!! </p>		

A Special Note

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