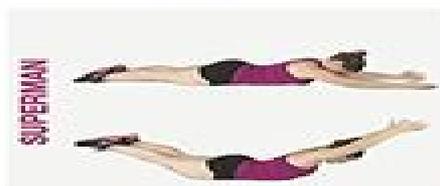


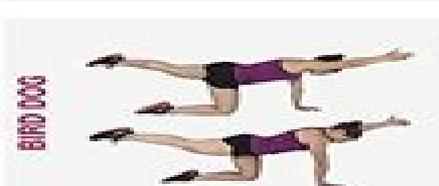
# CORE

# Complete WORKOUT

## SET 1



## SET 2



## SET 3



## SET 4



**BEGINNER**  
10-15 REPS X 2 SETS

**INTERMEDIATE**  
10-15 REPS X 3 SETS

**ADVANCED**  
10-15 REPS X 4 SETS

**RESTS BETWEEN SETS:**  
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**R Sandford**



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