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UPPER

LOWER OBLIQUES



Cable Crunches



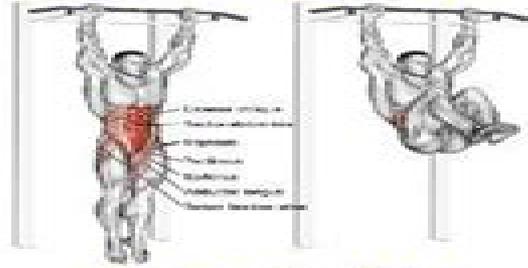
Decline Crunches



Planks



Hanging Leg Raises



Knee Raise



Dragon Flag



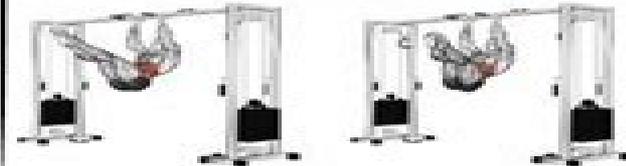
Russian Twist



Side Bend

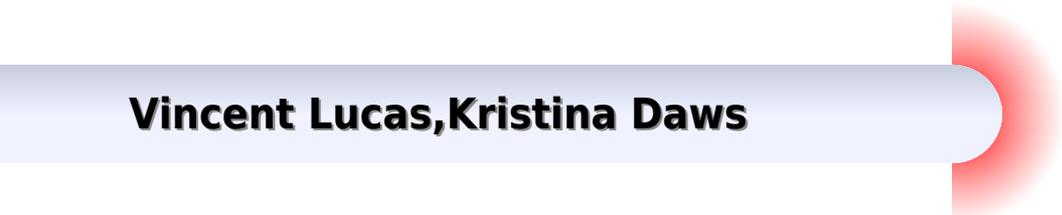


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Work Out Your Abs

Vincent Lucas, Kristina Daws



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The Big Book of Abs Muscle & Fitness,2007-10-01 In this guidebook to health the editors of Muscle Fitness magazine provide a five week plan as well as tips and strategies to get and stay motivated in obtaining well defined and toned abs

There are more than 70 workout routines presented with full color photos to guide readers in the best possible way to achieve the goal of that tight six pack Throughout all the fitness routines there are informative tips and fast facts to make sure readers are performing the exercise in the safest and most effective manner Additionally to complete the workout program instruction in nutrition to ensure one s body is getting the proper mix of protein or carbohydrates just when it needs them is included

[The Little Butt & Thighs Workout Book](#) Erika Dillman,2007-09-03 With the newest little book in the series it s easier than ever to get thinner thighs and a tighter tush Line drawings throughout

3-Minute Abs Kurt Brungardt,1998-03-24 Utilizing four key training principles used by bodybuilders and athletes body area isolation recuperation intensity and focus Brungardt abdominal exercise expert and author of *The Complete Book of Abs* delivers a remarkably effective program that can be finished during a TV commercial break

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The A-List Workout Alyssa Shaffer,2006-11 Ten celebrity trainers present workout routines and fitness tips that can be adapted to individual needs along with dietary advice and recipes for a seven day meal plan

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