

ab exercises

no-equipment

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upper



lower



six-pack



obliques



complete



core

 crunches	 reverse crunches	 flutter kicks	 sitting twists	 knee to elbow	 half wipers
 high crunches	 scissors	 elbow plank	 cross crunches	 knee-to-elbow v2	 arm / leg raises
 sit-ups	 leg raises	 L-sit	 side jack-knives	 dead bug	 wipers
 long arm crunches	 pulse-ups	 star plank	 toe taps	 plank crunches	 plank rolls
 hundreds	 bicycle crunches	 hollow hold	 sitting punches	 side plank crunches	 knees-in twists
 knee crunches	 crunch kicks	 V-ups	 side plank	 V with rotations	 climber legs

Workout Manual For Ab Doer2

Patrick Vollmar



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