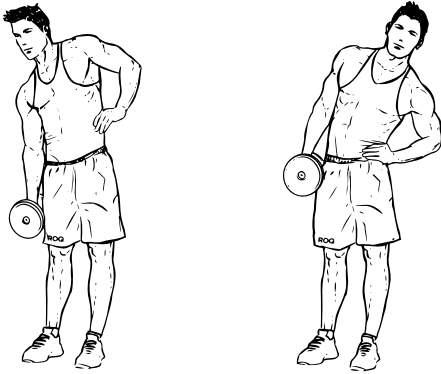
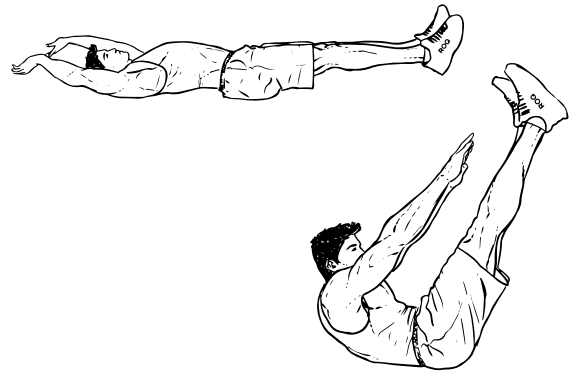


Ab Workout Routine

Dumbbell Side Bend

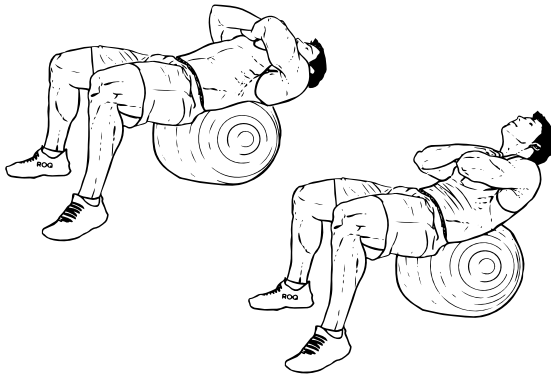


Jackknife Sit-up



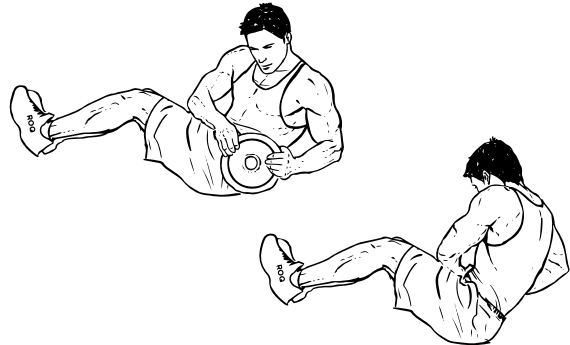
3 sets **15** reps

Swiss Ball Crunch



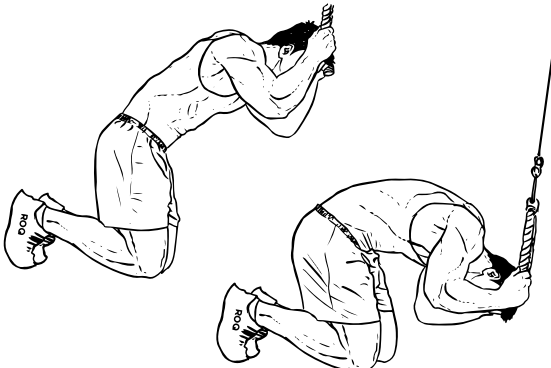
3 sets

Weighted Twist



3 sets

Kneeling Cable Crunch



Knee / Hip Raise

