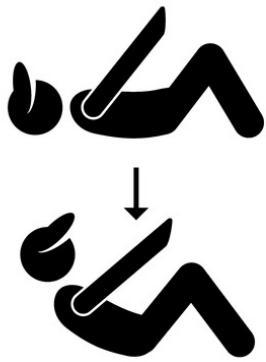
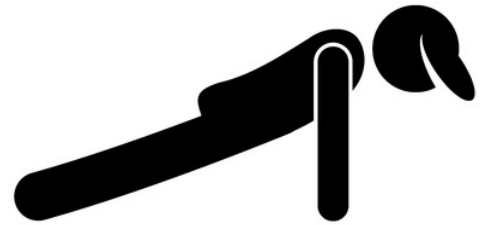


12 Minute Abs Workout

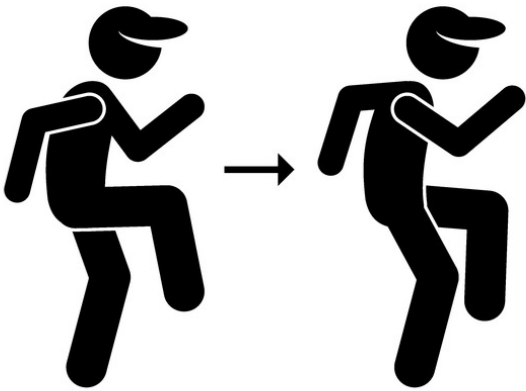
1 MINUTE EACH, 2 ROUNDS



Abdominal Crunch



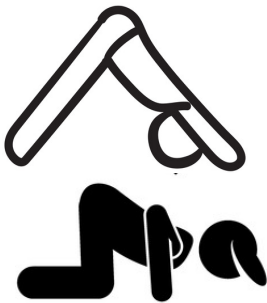
Basic Plank



High Knees



Side Leg Lifts



Hand walk outs
(knees or toes)



V-Ups