

# Core Ultimate Abs



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**TFW Twist**



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**Reverse Crunch**



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**V-up**



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**Ankle Tap**



**Work 20 seconds & Rest 10 seconds**

Beginner / 2 rounds / 4:00

Intermediate / 4 rounds / 6:00

Advanced / 6 rounds / 8:00

[www.tfwmahopac.com](http://www.tfwmahopac.com)