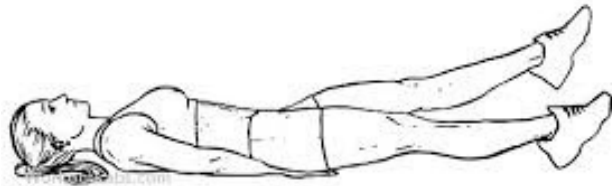
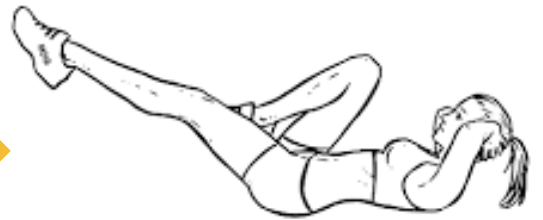


# Core Ultimate Abs



**Flutter Kick**

**Bicycle Crunch**



**Straight Leg Raise**

**Sit-up**

**Work 20 seconds & Rest 10 seconds**

Beginner / 2 rounds / 4:00

Intermediate / 4 rounds / 6:00

Advanced / 6 rounds / 8:00

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