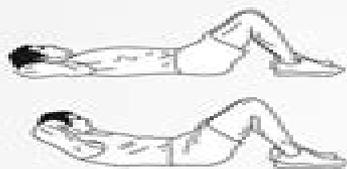


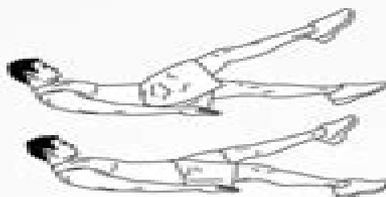
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



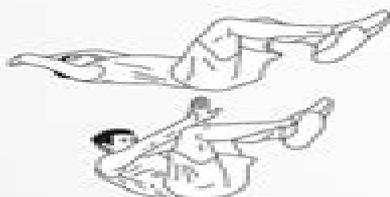
**10** crunches



**10** flutter kicks



**5** leg raises



**10** knee crunches



**10** air bike



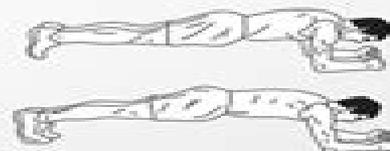
**5** crunch kicks



**10** plank arm raises



**10-count** elbow plank



**5** body saw

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**Karin Nielsen-Saines**



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