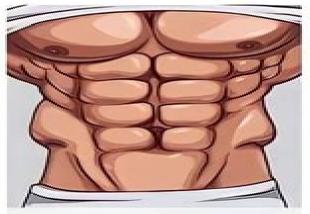
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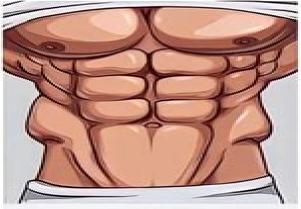
10 Squats DAY 1 10 Crunches

25 Sit Ups DAY 2 35 sec Plank

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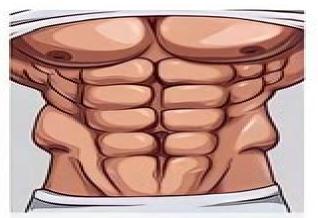
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35 Flutter Kicks DAY 5 30 Crunches



15 Squats DAY 1 35 Crunches

20 Sit Ups DAY 2 45 sec Plank

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