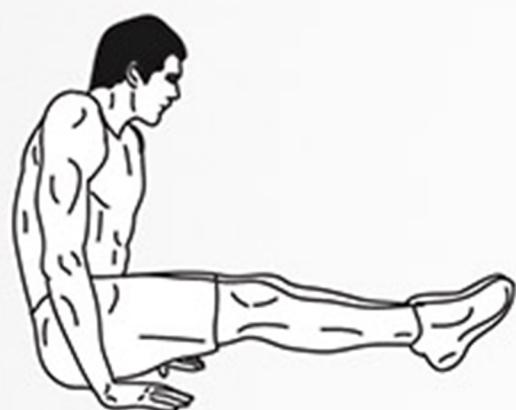


extreme abs

30 seconds each exercise | no rest between exercises



L-sit hold



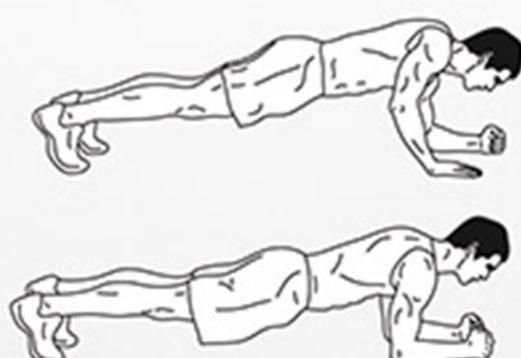
V-ups



hollow hold



elbow plank crunches



up and down planks



side star plank