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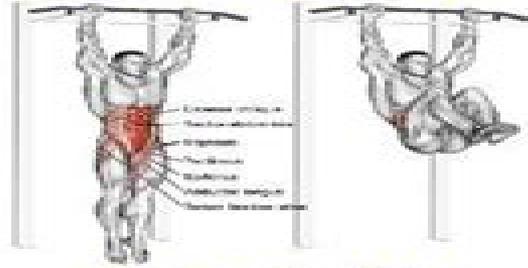
LOWER OBLIQUES



Cable Crunches



Hanging Leg Raises



Russian Twist



Decline Crunches



Knee Raise



Side Bend



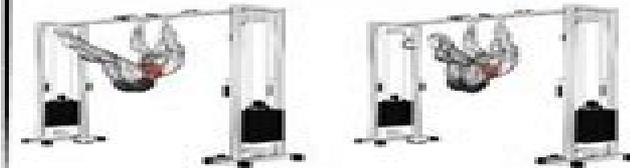
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Work Out Your Abs

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