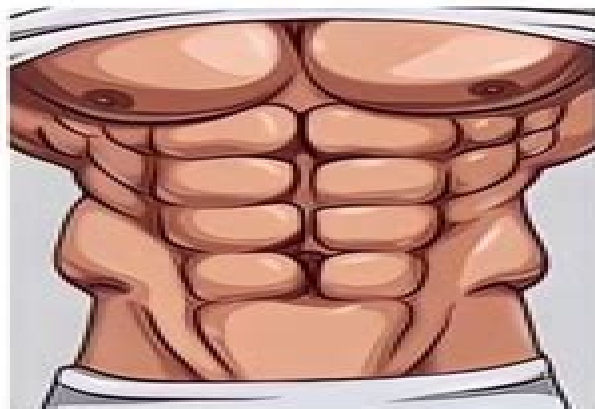


8-PACK



DAY 1 10 Squats
10 Crunches

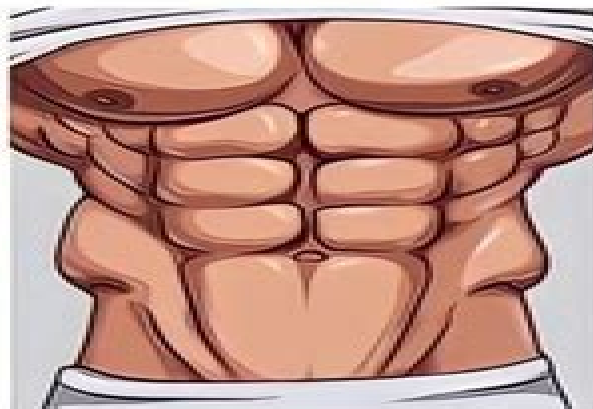
DAY 2 25 Sit Ups
35 sec Plank

DAY 3 15 Squats
15 Crunches

DAY 4 20 Flutter Kicks
45 sec Plank

DAY 5 25 Flutter Kicks
25 Crunches

6-PACK



DAY 1 10 Squats
10 Crunches

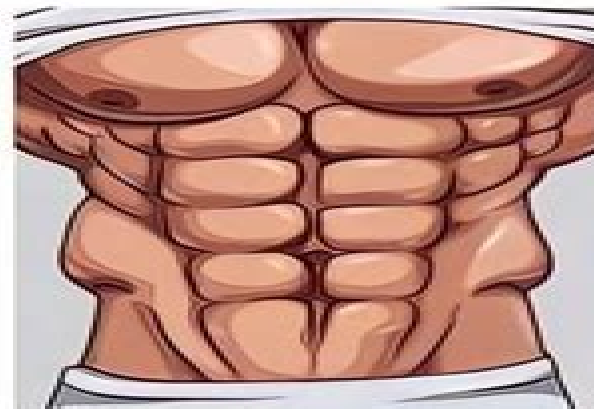
DAY 2 25 Sit Ups
35 sec Plank

DAY 3 20 Squats
45 Crunches

DAY 4 25 Flutter Kicks
25 sec Plank

DAY 5 35 Flutter Kicks
30 Crunches

10-PACK



DAY 1 15 Squats
35 Crunches

DAY 2 20 Sit Ups
45 sec Plank

DAY 3 25 Squats
60 Crunches

DAY 4 20 Flutter Kicks
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DAY 5 35 Flutter Kicks
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Guide to Popular Ab Workouts (How To Get 6-Pack Abs - Weightloss, Fitness, Body Building) Megan Yarnall, 2012-02-24 ABOUT THE BOOK Ab workouts are an important aspect of physical fitness because the movements strengthen your torso The focus should not be on a six pack or washboard abs but instead should be on developing core strength that will support the rest of your body any heavy lifting and perhaps most importantly your back MEET THE AUTHOR Megan Yarnall is a publicist and writer from Bucks County Pennsylvania She studied English creative writing and Italian at Dickinson College and wrote her thesis on the connections between humans their bodies and language She graduated in 2010 after spending four years organizing all of her college s concerts Megan has lived abroad in Italy and loves studying foreign language linguistics and writing She s also spent some time working for an environmental company and writing about all things green In her spare time she horseback rides rock climbs and travels Megan also likes hiking through Acadia National Park warm weather photography and doing her own DIY projects EXCERPT FROM THE BOOK The Plank To do a plank exercise go into pushup position Lower yourself to your forearms Your elbow should be in line with your shoulders and your body should be flat Make sure your butt is not sagging or sticking up This will make you engage your abs to hold your body in that position Hold as long as you can then take a 30 second rest Repeat 3 4 times The Side Plank For side plank balance on one forearm facing to the side Raise your hips so your body makes a straight line Hold as long as you can then take a 30 second rest Repeat twice and then switch sides Buy a copy to keep reading

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