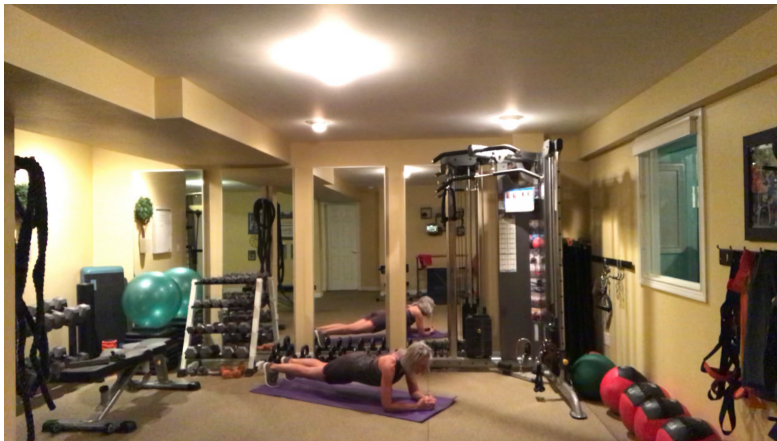


Killer Abs



Dumbbell crunches



Plank



"V" sit w/twist