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FIND YOUR STRENGTH

ABs:

Toes to Bar: **8 Reps**
SS
Overhead BB Crunches (Weighted): 15 **Reps**
SS
Swiss Ball Leg Raises: **25 Reps**
SS
Bodyweight Overhead Crunches: **25 Reps**
SS
L-Sits: **8 Reps**
SS
Mountain Climbers: **25 Reps**
5 Rounds: 60 sec rest