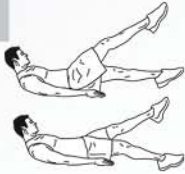
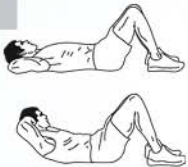
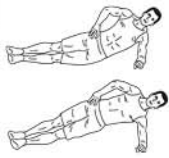
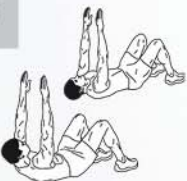
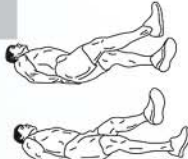
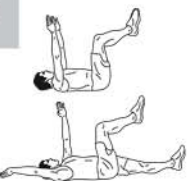
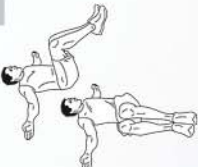
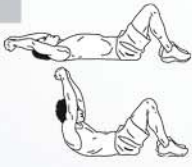
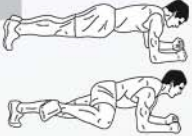


2-minute abs

30-Day Challenge

Repeat the exercises
for each day for 2 minutes,
every day for 30 days.

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1  high knees	2  flutter kicks	3  plank hold	4  climbers	5  plank rotations
6  side leg raises	7  crunches	8  side bridges	9  reverse crunches	10  elbow plank hold
11  knee-to-elbows	12  shoulder taps	13  crunch kicks	14  raised legs hold	15  plank walk-outs
16  high crunches	17  scissors	18  dead bug	19  one arm plank hold	20  half wipers
21  leg raises	22  long-arm crunches	23  heel taps	24  plank rolls	25  back extensions
26  climber taps	27  side plank hold	28  sit-ups	29  plank crunches	30  hollow hold