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~~LEGENDARY ABS WORKOUT AT
HOME ?? 7 EXERCISES 10 MIN
PERFECT ABS WORKOUT (NO~~

Read Book *Legendary Abs* A Synergistic Workout For

EQUIPMENT BODYWEIGHT

WORKOUT!) ~~10 MIN WORKOUT FOR~~

~~PERFECT ABS (NO EQUIPMENT~~

~~BODYWEIGHT WORKOUT!)~~ 10

Minute Home Ab Workout (6

PACK GUARANTEED!) ~~Get Abs in~~

~~2 WEEKS | Abs Workout~~

~~Challenge 15 MIN SIXPACK~~

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~~WORKOUT (NO EQUIPMENT~~

~~BODYWEIGHT WORKOUT) 7 MIN~~

HOME LOWER ABS and OBLIQUES

(NO EQUIPMENT BODYWEIGHT

WORKOUT!) Intense 10 Minute

ABS Workout! (Follow Along)

~~5min V-Cut Abs Workout For~~

~~Legendary Obliques Ariel's~~

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~~Abs Disney Princess Ab~~

~~Workout 10 MIN LEGENDARY~~

~~OBLIQUES (NO EQUIPMENT~~

~~BODYWEIGHT WORKOUT!) 10 MIN~~

~~AB WORKOUT (NO EQUIPMENT~~

~~BODYWEIGHT WORKOUT) 6 Min~~

~~Home Fat Burning Workout (NO~~

~~EQUIPMENT!!) 10 MIN PERFECT~~

Read Book Legendary Abs A Synergistic Workout For

~~MOBILITY ROUTINE (NO~~

~~EQUIPMENT FOLLOW ALONG!)~~ 4

Best Exercises For The Core

(TOTAL ABS WORKOUT)

10 MIN BODYWEIGHT WORKOUT

(NO EQUIPMENT HOME WORKOUT!)

Do This Everyday To Lose

Weight | 2 Weeks Shred

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Challenge 8 Minute V Cut Abs
Workout (DO THIS FROM HOME!)

~~Easy High Protein Breakfast~~
~~(52 GRAMS!!)~~ **10 MIN**

**BODYWEIGHT WORKOUT (NO
EQUIPMENT AB WORKOUT!) 10**

MIN HOME CHEST \u0026
SHOULDERS WORKOUT (NO

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EQUIPMENT BODYWEIGHT

WORKOUT!) 20 MIN MORNING

WORKOUT (NO EQUIPMENT

BODYWEIGHT WORKOUT!) 7 MIN

LEGENDARY OBLIQUES (NO

EQUIPMENT BODYWEIGHT

WORKOUT!) Legendary Ab

Workout (10 Mins Shredded

Read Book *Legendary Abs* A Synergistic Workout For

~~The Abdominal 10 MIN LOWER AB~~

~~WORKOUT (GET YOUR LOWER ABS~~

~~TO SHOW!) 7min V-Cut Abs~~

Workout For Legendary

Obliques 10 min Lower Abs

Workout Routine (GET YOUR

LOWER ABS TO SHOW!) 10 MIN

PERFECT SIXPACK WORKOUT (NO

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*EQUIPMENT BODYWEIGHT
WORKOUT!)*

Lower Abs + Cardio // Tri
Sets Workout (No Equipment)
**10 min Abs Workout for a
Flat Stomach | Get ABS this
2020 *Legendary Abs* A
Synergistic Workout**

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The Legendary Abs routines will take you as close as you wish to the ancient Greek sculptors idea of a well defined mid-section. The total amount of time you will spend on any particular day will never exceed six

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The Abdominal minutes. The time it will take to reach your goal depends on your present physical condition and the consistency with which you train.

LEGENDARY ABS - The Training

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This is Synergism—creating a whole greater than the sum of the parts. The exercises described in **Legendary Abs** become many time more effective when used as indicated. It is the

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The Abdominal
specific per-level sequence,
timing, and overall
progression that makes our
program such a powerful
conditioning tool.

**LEGENDARY ABS - Ironpinoy
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