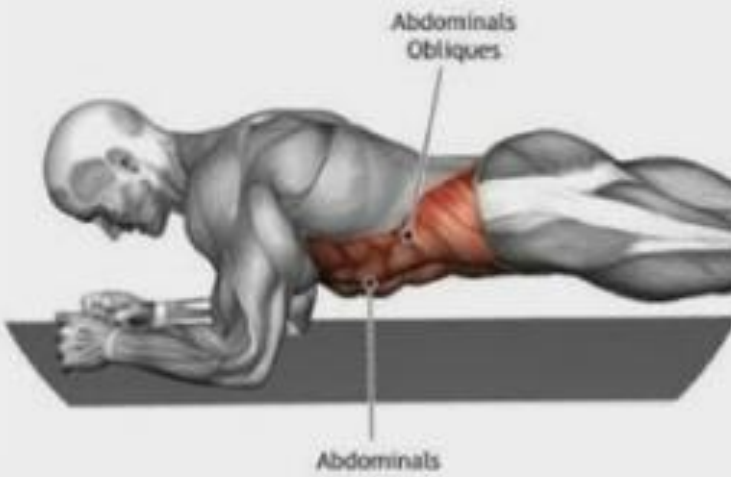


Abs Core. Exercises



tr muscles



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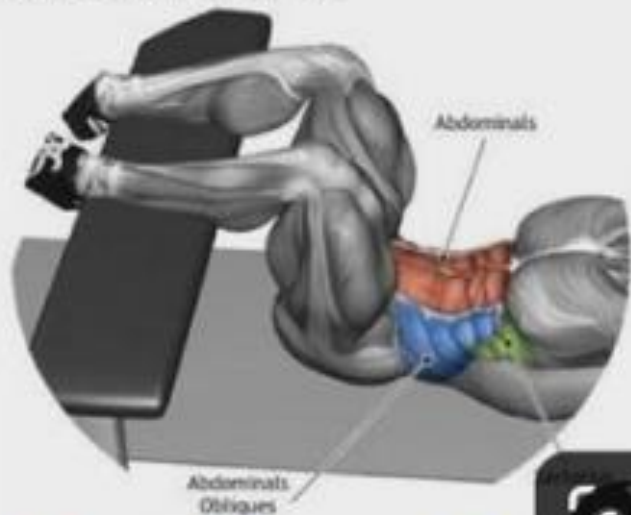
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■ Main muscles ■ Secondary muscles ■ Other muscles



■ Main muscles ■ Secondary muscles ■ Other muscles

