

# 15 AB EXERCISES YOU HAVE NEVER DONE BUT SHOULD PDF

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Fri, 15 Jun 2018 10:45:00 GMT - Abdominal exercises are those that affect the abdominal muscles (colloquially known as the stomach muscles or "abs").

### **Abdominal exercise - Wikipedia -**

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### **# 15 Day Cleanse Detox - Lower Belly Fat Burning Exercises ... -**

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### **Do Ab Exercises Burn Belly Fat - howtoloseweightfastq.com -**

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### **12 Unsafe Abdominal Exercises for Prolapse & after Surgery -**

Sun, 17 Jun 2018 02:43:00 GMT - 15. Sit Ups. Sit ups require no equipment, and can easily be done from anywhere. 16. Ab Wheel. Ab wheel rollouts are done with a piece of equipment called the "ab wheel" or "ab roller"