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~~WORKOUT) 7 MIN HOME LOWER
ABS and OBLIQUES (NO
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ABS Workout! (Follow Along) 5min
V Cut Abs Workout For Legendary
Obliques Ariel's 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
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~~

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~~LOSE WEIGHT | 2 Weeks Shred Challenge~~
~~8 Minute V Cut Abs Workout (DO THIS FROM HOME!)~~
~~Easy High Protein Breakfast (52 GRAMS!!)~~
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~~10 MIN HOME CHEST & SHOULDERS WORKOUT (NO 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 Abs Workout)~~
~~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~~

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TO SHOW!) 10 MIN PERFECT
SIXPACK WORKOUT (NO
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

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

LEGENDARY ABS - Ironpinoy
Magazine

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