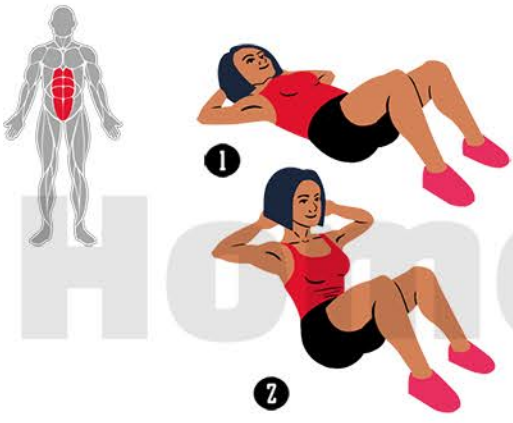


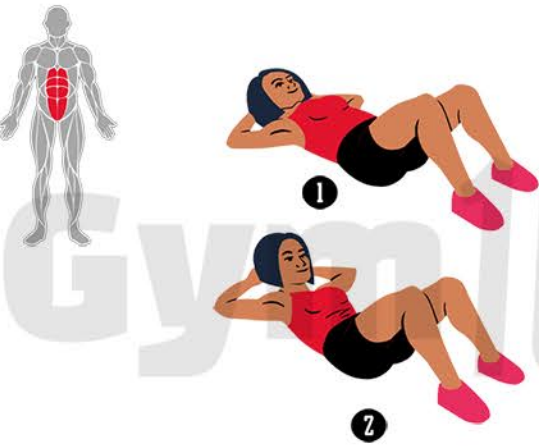
AB exercises (without equipment)

HomeGym101

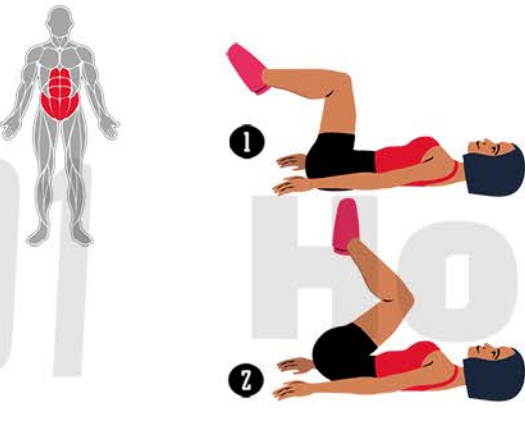
Sit up



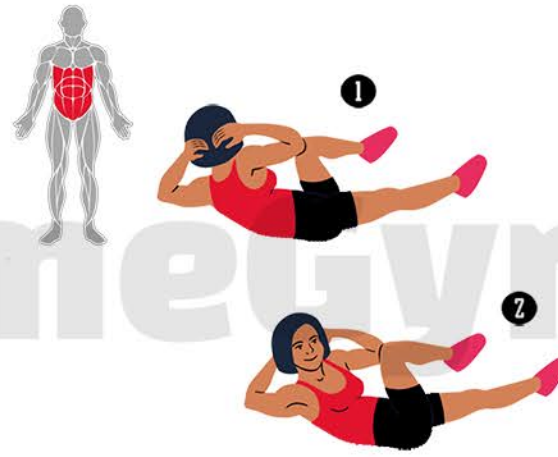
Crunch



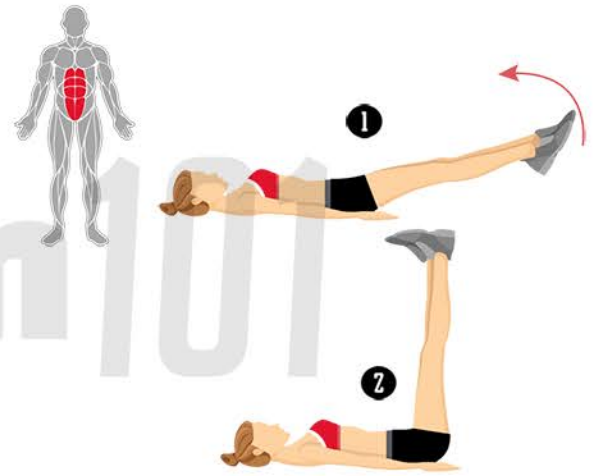
Reverse Crunch



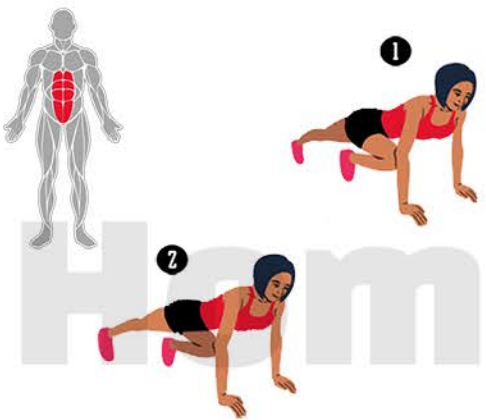
Bicycle Crunch



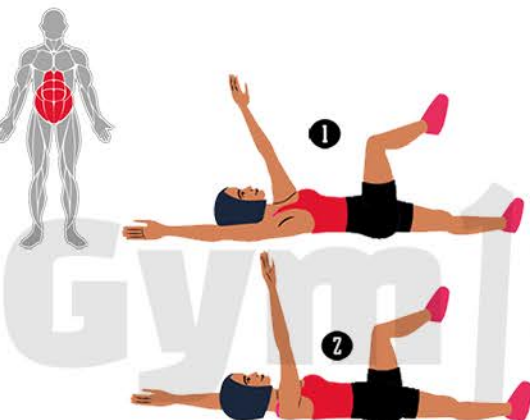
Leg Raise



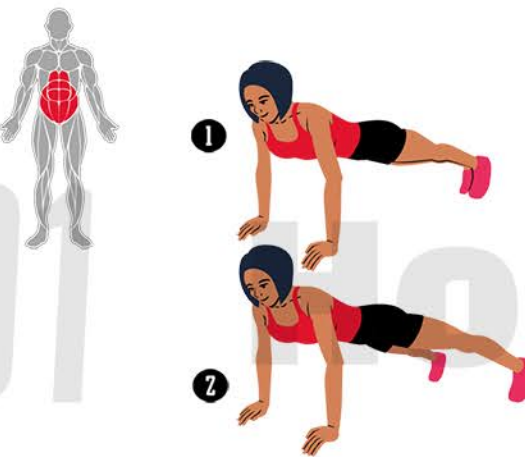
Mountain Climber



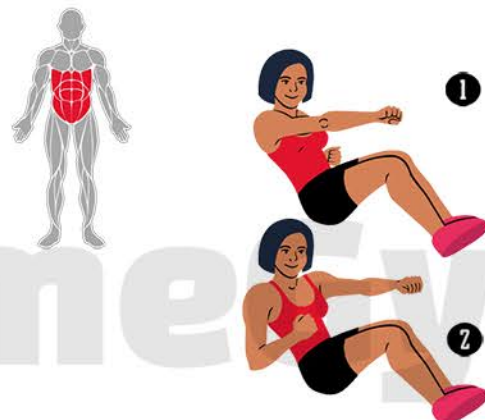
Dead Bug



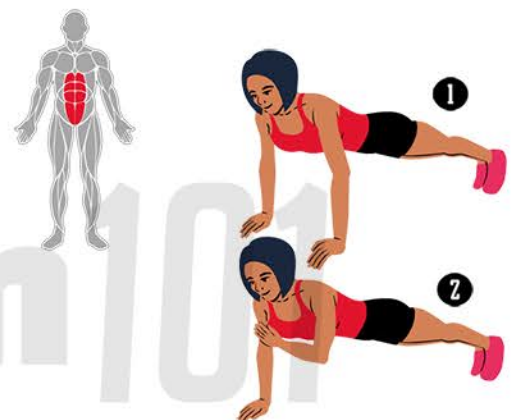
Plank Jack



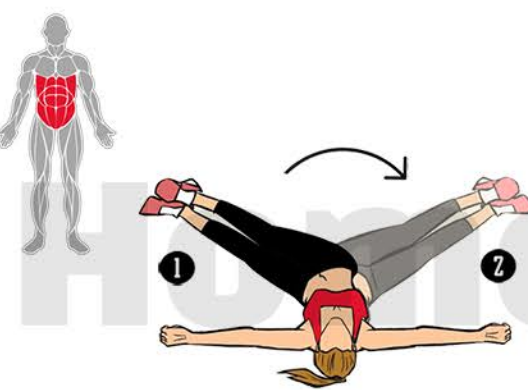
Seated Punch



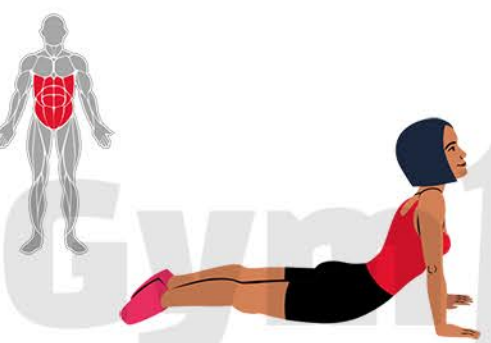
Plank Shoulder Tap



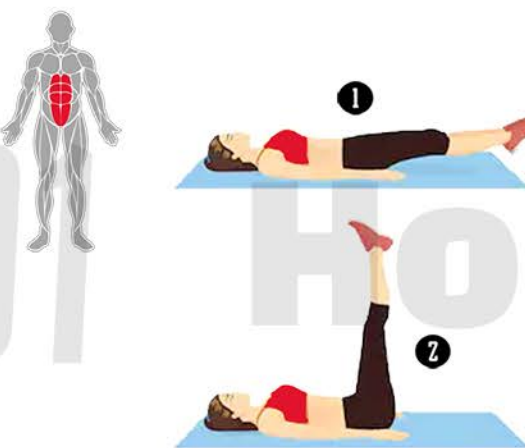
Windshield Wiper



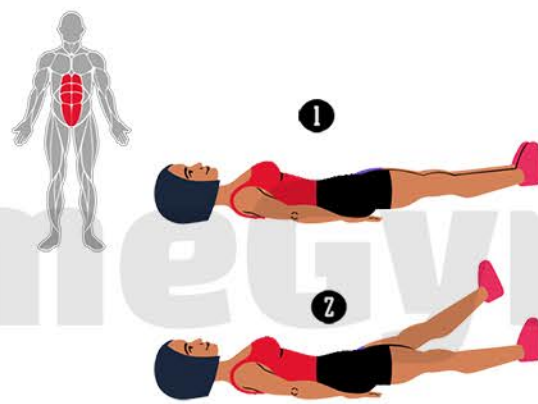
Ab Stretch



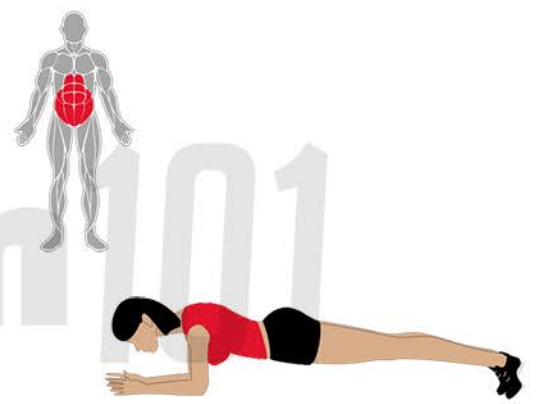
Lying Leg Lift



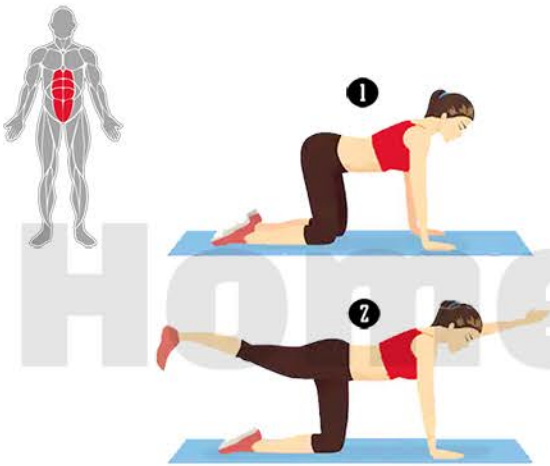
Flutter Kick



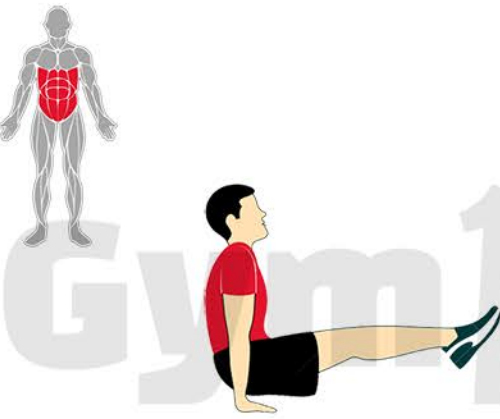
Plank



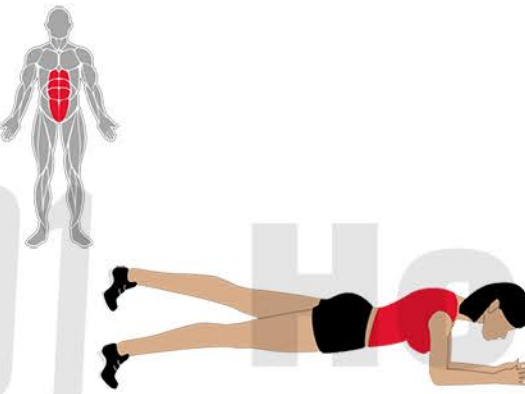
Bird Dog



L Sit



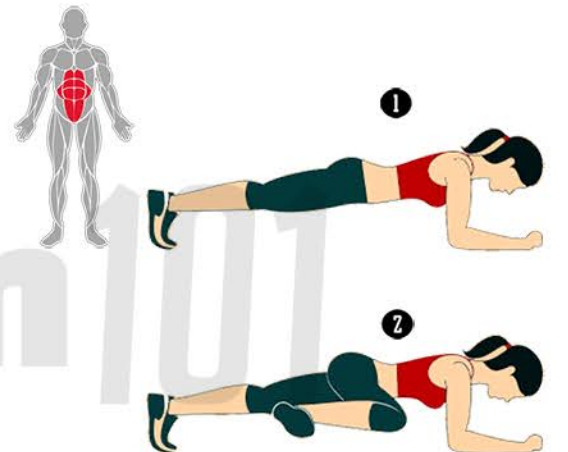
Plank Leg Lift



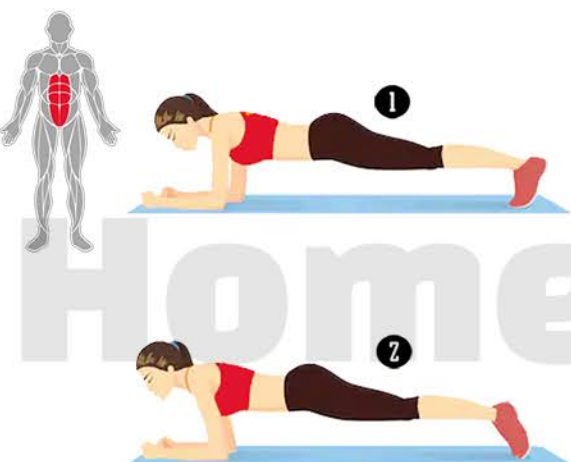
Reverse Plank



Spiderman Plank



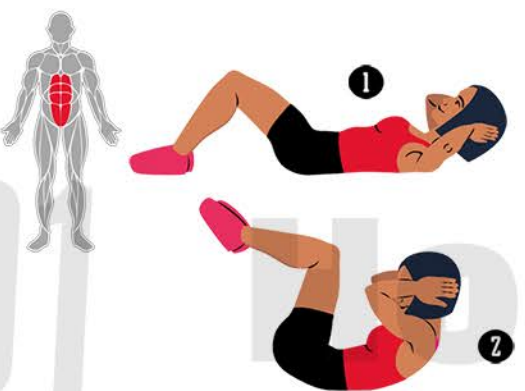
Saw Plank



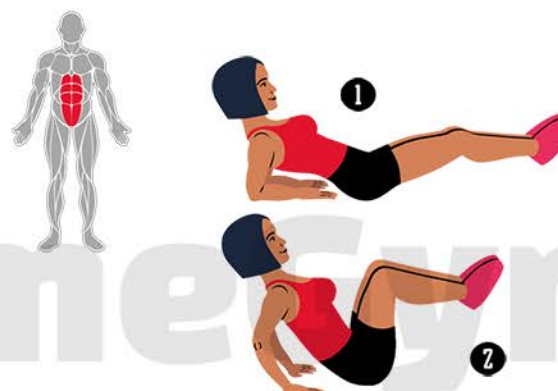
Knee Plank



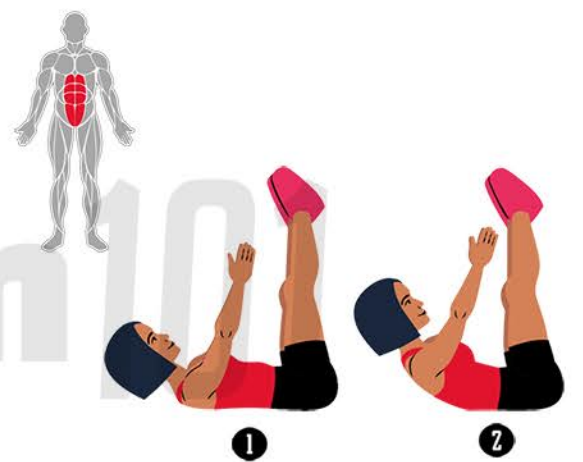
Double Crunches



Leg Pull In Knee Up



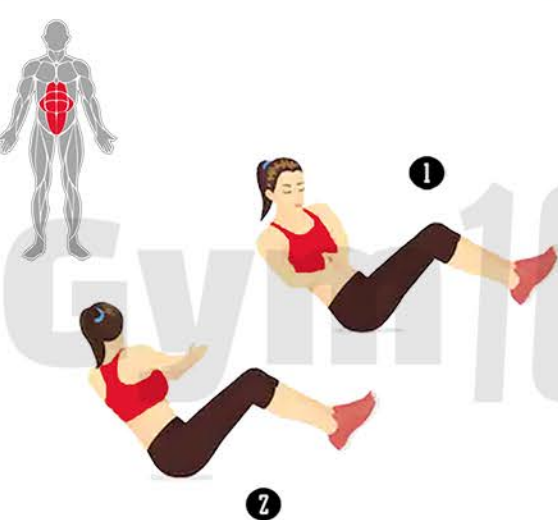
Toe Reaches



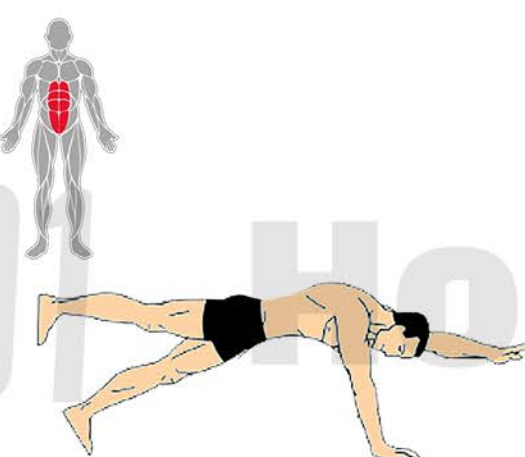
Side Plank



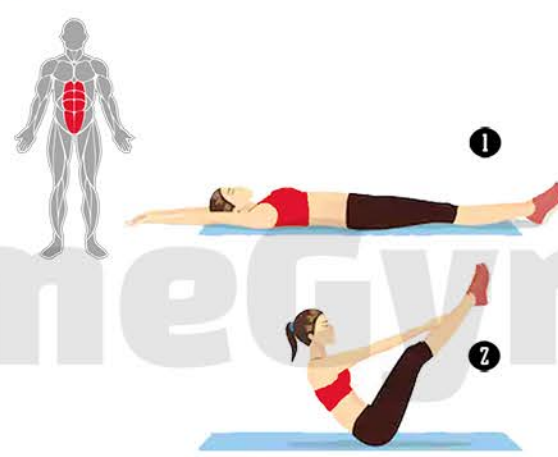
Russian Twist



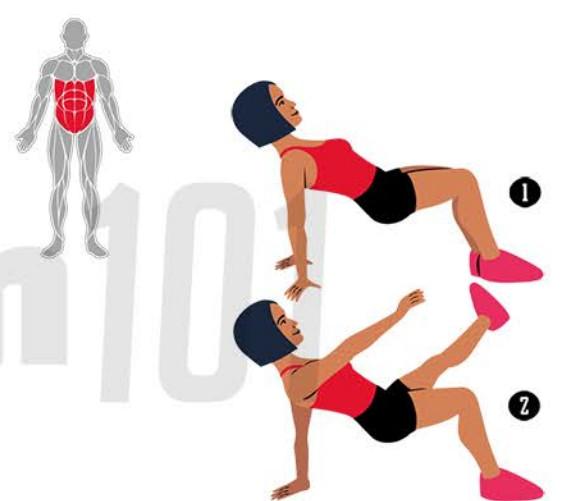
Alternate Arm Leg Plank



V-up



Crab Toe Touches



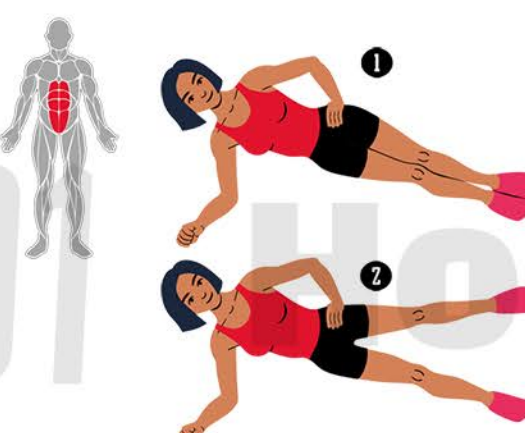
Hollow Hold



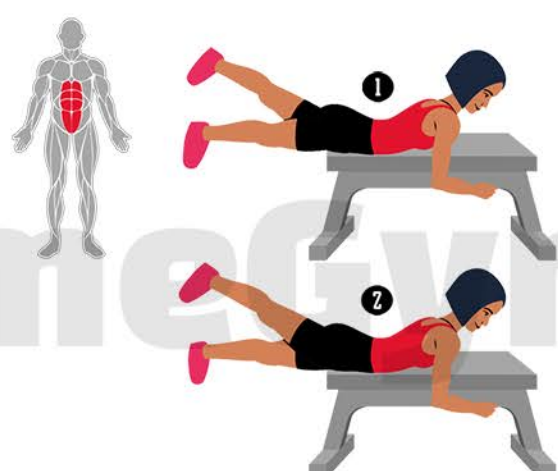
Toe Touches Crunch



Side Plank Leg Lift



Bench Flutter Kick



Donkey Kick

