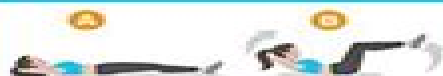


Upper Abs



Knee Crunches



Vertical Leg Crunch



Abs Sprinter



High Crunches



Toe Touches



Sit-Ups



Pike Plank

Core



Elbow Plank Raises



Plank Reach Toe Touches



Elbow Plank



High Plank



Plank Jacks



Swimmers



Upward Plank



Side Plank



Abs V Sit-Ups



Plank Ups



Bird dog Plank

Obliques



Plank Rotations



Abs Bicycles



Side Plank Hip Dip



Side Plank Leg Raises



Side Plank Leg Lift



Side Plank Rotations

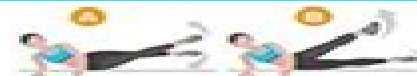
Lower Abs



Flutter Kicks



Dead Bug



Side Plank Scissors



Abs Leg Extension



Knee Tucks



Mountain Climbers



Lying Leg Raises



Reverse Crunches



Leg Raise Hold



Leg Raise Circles

Total Core Home Workout System User Guide

Tom Dell, Daniel J. Goldberg



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Total Core Home Workout System User Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Total Core Home Workout System User Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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