

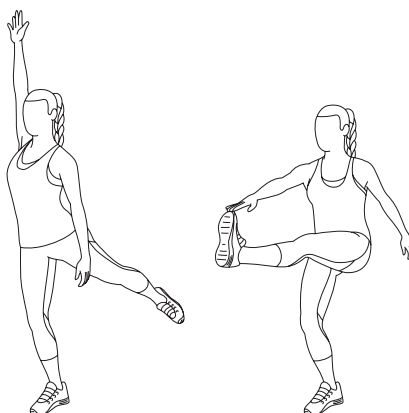
AT-HOME ABDOMINAL EXERCISES



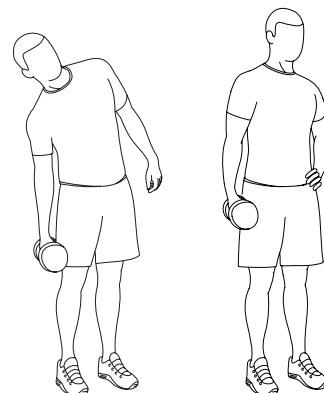
Standing Twist Crunch



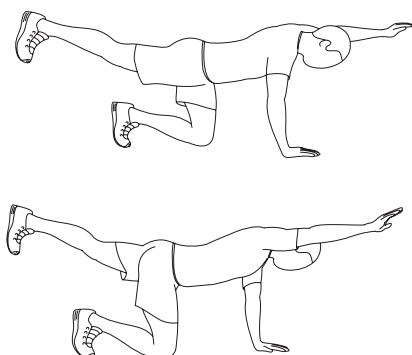
Toe Touches



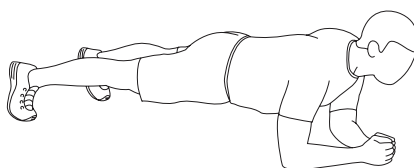
Standing Side Bend



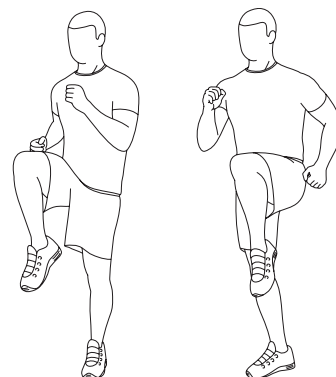
Bird dog Stretch



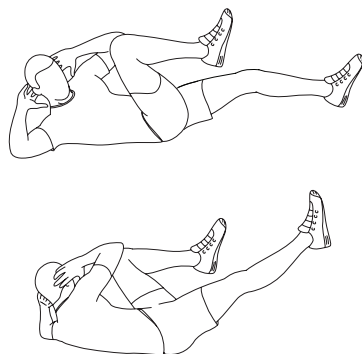
Planks



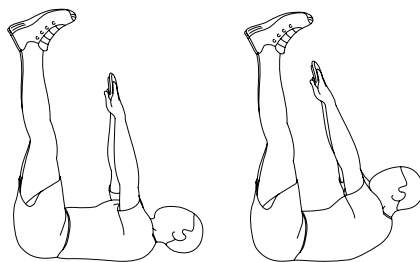
High Knees



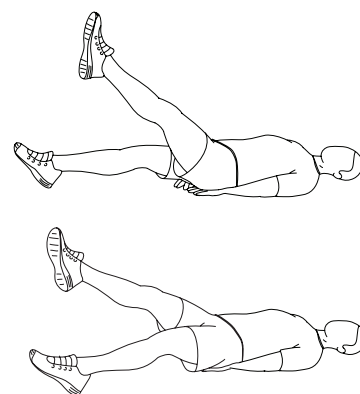
Bicycle Crunches



Reclining Toe Touches



Scissor Kicks



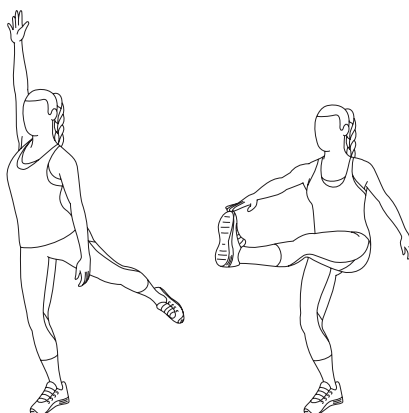
EJERCICIOS PARA ABDOMINALES



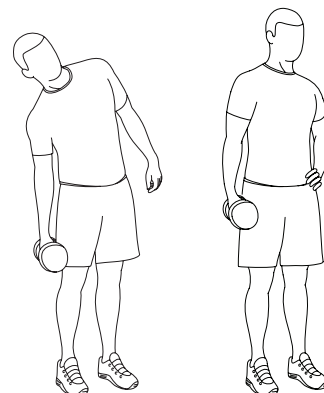
Abdominales de Pie



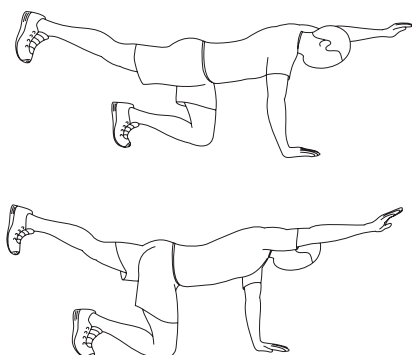
Toca Pies



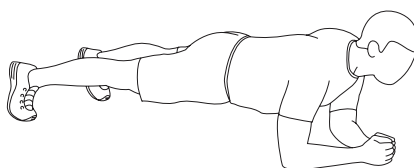
Abdominales Laterales



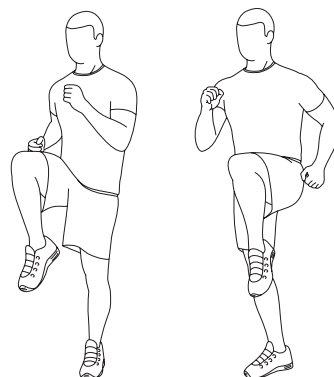
Extensiones



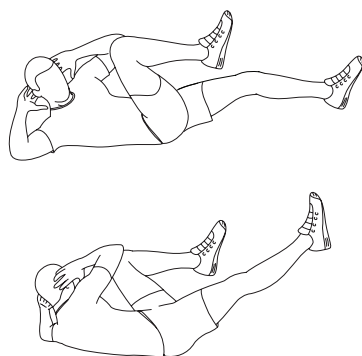
Plancha



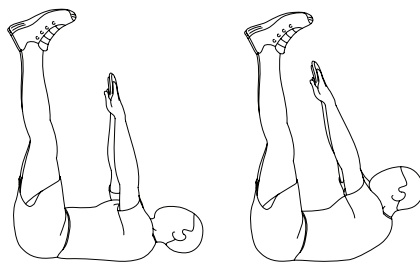
Rodillas Altas



Abdominales de Bicicleta



Toca Pie Reclinados



Patadas de Tijera

