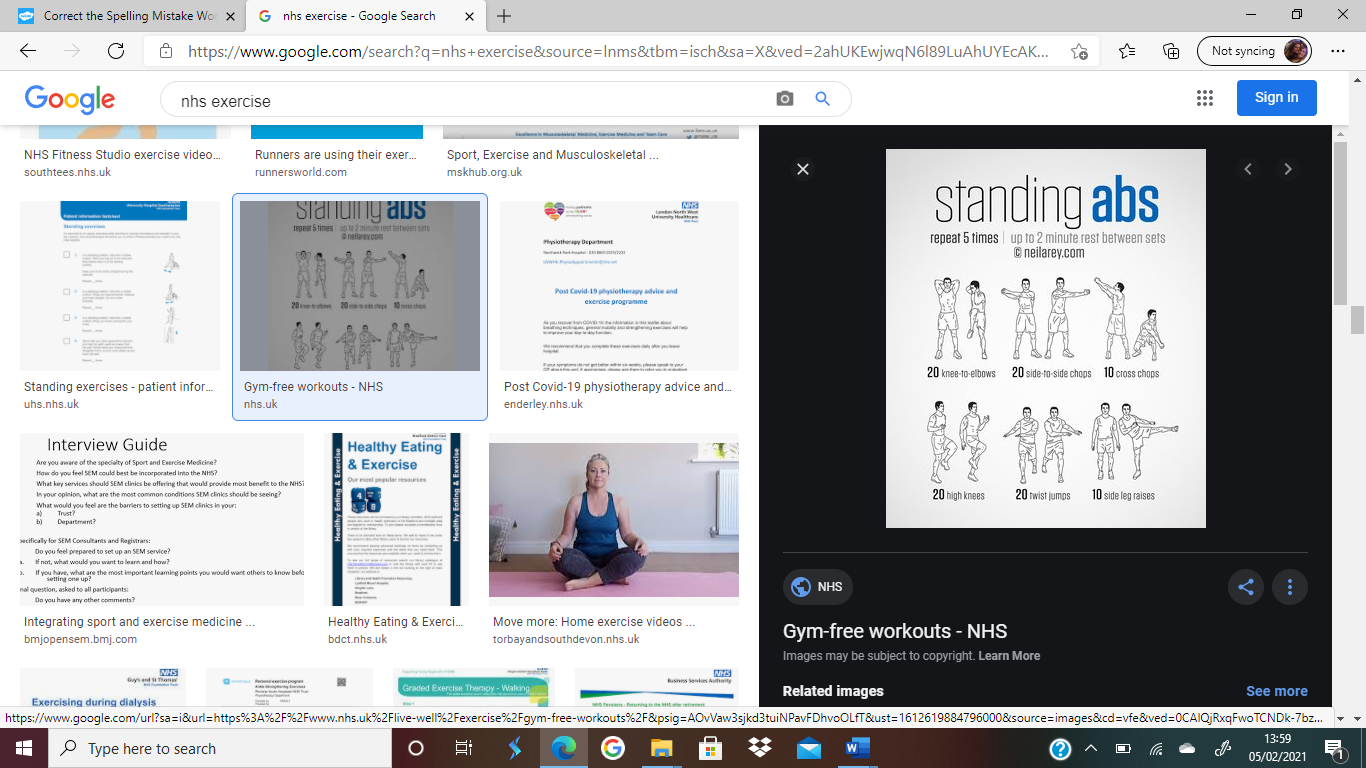
Stomach work out

Follow the workout below. Repeat this three times.