

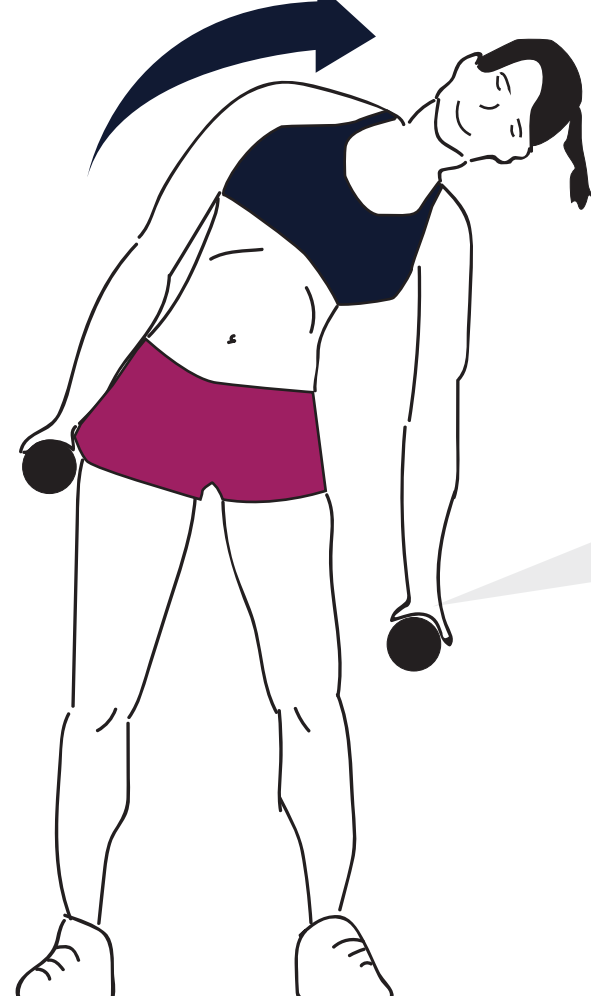


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MOTIVATION TO LOSE WEIGHT

# Get Flat Abs While Standing Workout

Do 3 sets of each exercise and rest for 30 seconds between sets up to 3 times a week.

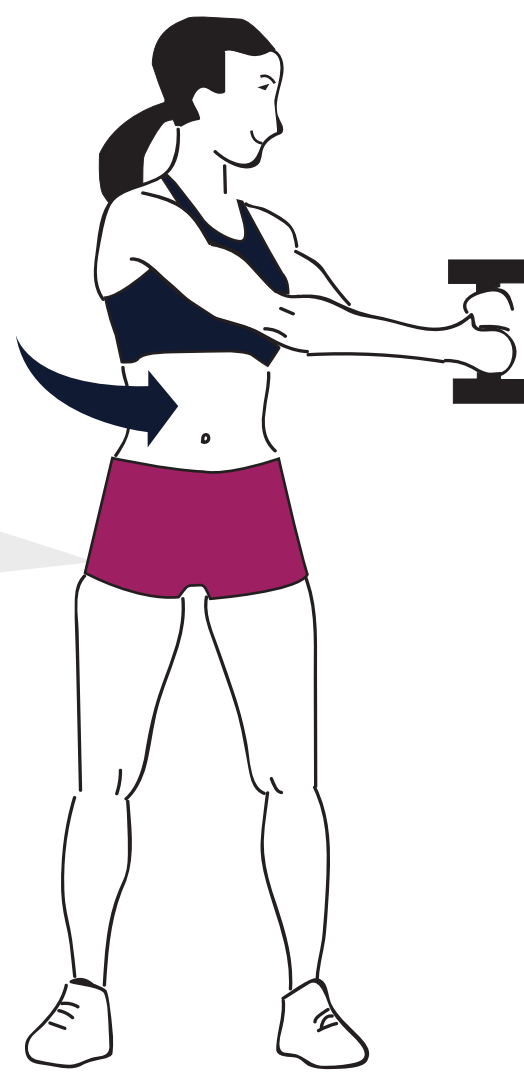


10

*Dumbbell Side  
Bend*

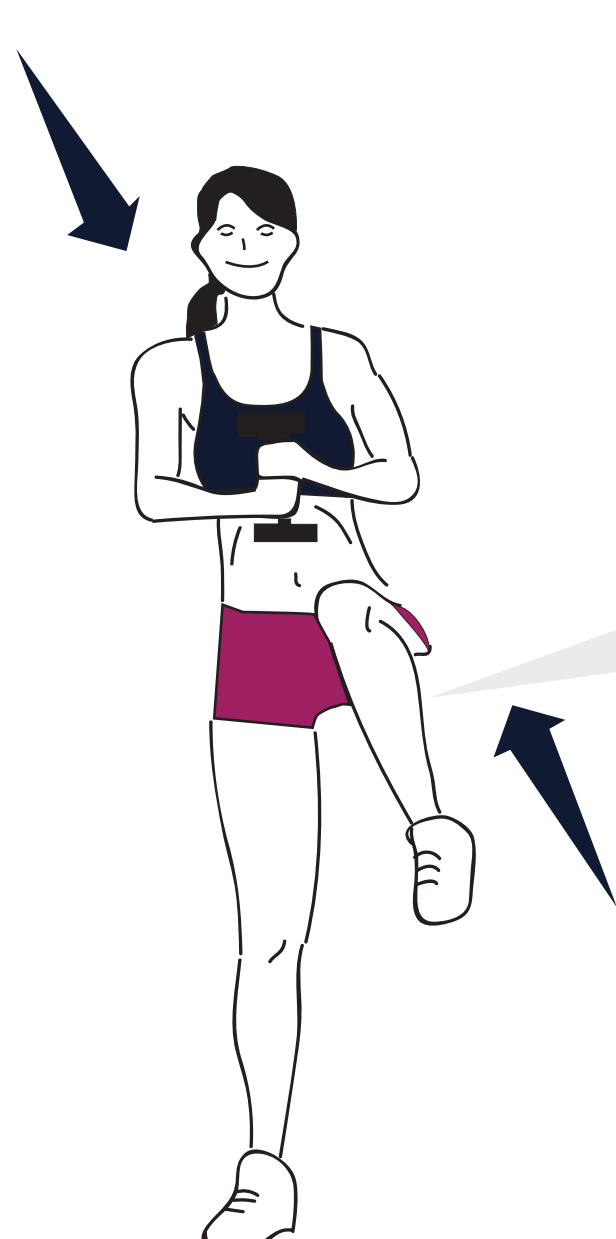
10

*Standing Core  
Stabilization*



10

*Dumbbell Bow  
Extension*



10

*Reverse Dumbbell  
Chop*



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