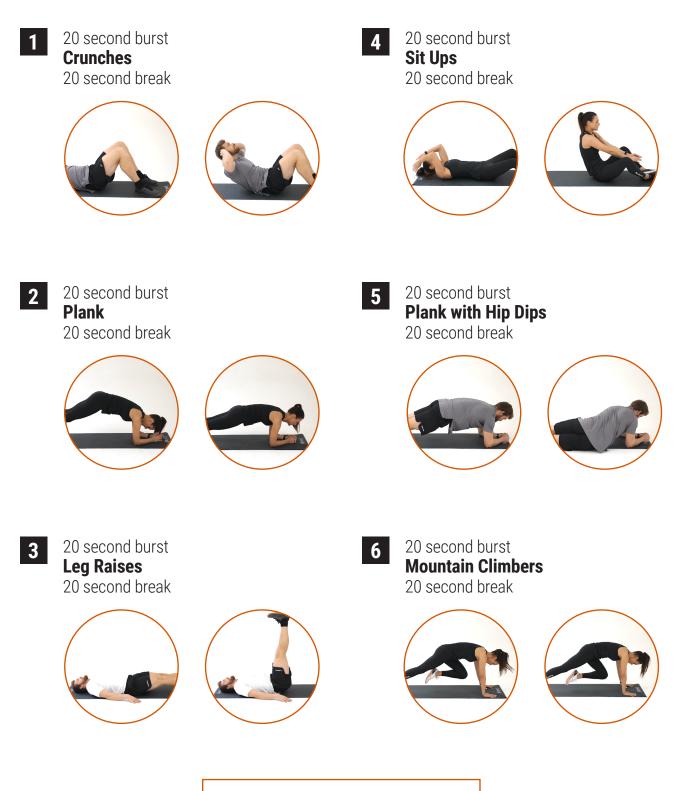
foodspring® ABS WORKOUT

**ROUNDS: Beginner:** x3 | **Advanced:** x4 | **Expert:** x5 **WARMUP:** Get your muscles ready with a quick stretch before you get going



 $\textbf{COOLDOWN:} \ \text{Roll out your muscles with a foam roller}.$