



From Flab to Abs

A.J. O'Brien

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Getting that six pack is easier than you think! And guess what? You don't have to go to the gym! All of these core exercises can be done in the comfort of your own home. All you need is a stability ball which can be purchased at almost any major retailer for under \$10. Even if you don't have a ball, most of these exercises require no equipment whatsoever. What are you waiting for? Let's get started!

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