



# 8 MINS TO

# FLAT ABS

FITWORK.COM



10 CRUNCHES



10 BICYCLE CRUNCHES



10 MOUNTAIN CLIMBERS



10 SIDE V-UPS (PER SIDE)



10 DYNAMIC PLANKS



10 KNEE TOUCHES



10 TOE TOUCHES



10 LEG LIFTS



10 CRUNCH CLAPS

**SETS** LEVEL I 2 SETS   LEVEL II 3 SETS   LEVEL III 4 SETS   **REST BETWEEN SETS** UP TO 1MIN

# Abc Of Belly Work

**K Payea**



## Abc Of Belly Work:

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Includes valuable information about topics that concern lead poisoning immunizations autism asthma ADD ADHD lice warts  
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a Smartphone Part A Simon is shopping for a smartphone Clerk C Simon S C These are our two most popular smartphone  
models S They appear the same to me What s different about them C This one with a narrower body is an Apple iPhone That  
one with a wider body is an Android phone S How are they to use C Both are pretty simple They make clear calls connect to  
the Internet quickly and can link to smartwatches S I see they have cameras Which phone has the better one C Both take  
good pictures and both come with easy to use photo apps S Wow This is a hard choice Part A iPhone Part B The clerk is  
unboxing Simon s new smartphone Clerk C Simon S C As you can see the seal on the box isn t broken S By the way what s  
the battery life on my phone C On one charge you can talk for about 26 hours watch videos for 17 and play music for 65 S  
That s a good amount of time C It s OK but you might want to get a power bank S Is that for when the battery dies C Yes  
Here s your new phone USB cable and battery charger Would you like me to put the SIM card in for you S Yes please Part B  
USB SIM Part C Simon is asking about phone accessories Simon S Clerk C S Does my phone come with a case C No but we  
have lots to choose from They re on the shelves behind you S Oh you have phone holders and selfie sticks too C We also have  
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