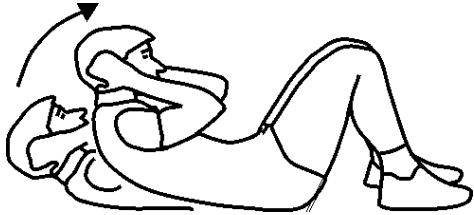


Trabaja tus abdominales !

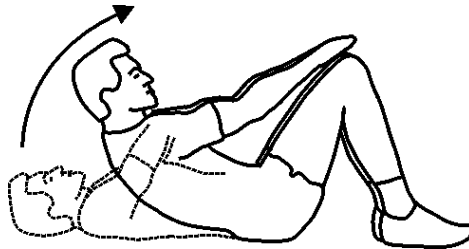
25 ejercicios básicos

clasificados por nivel de dificultad

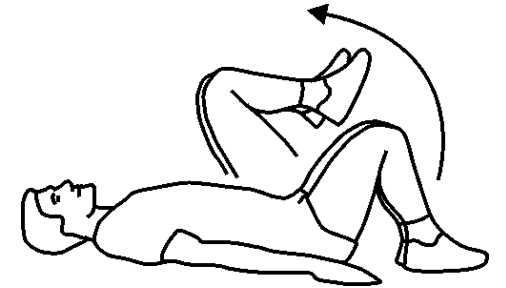
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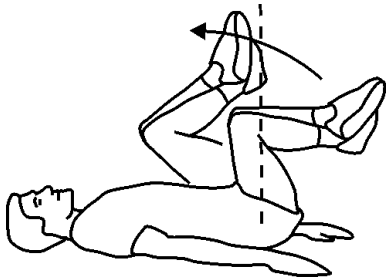
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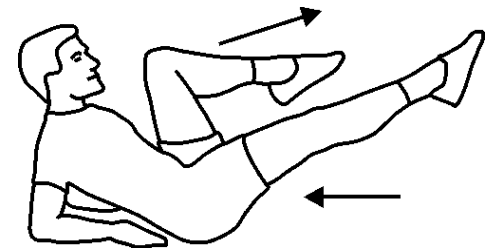
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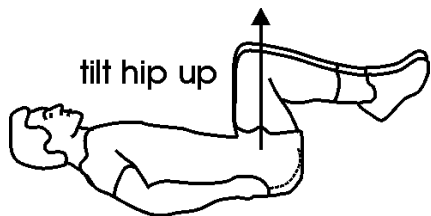
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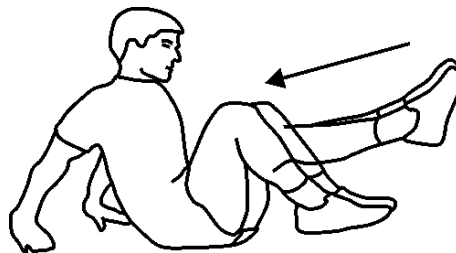
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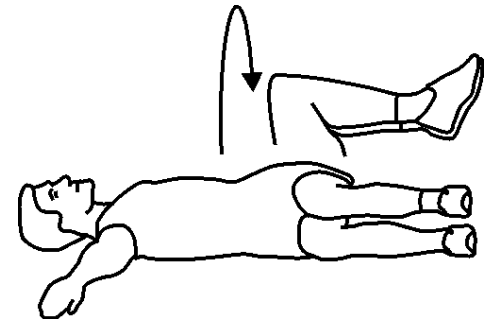
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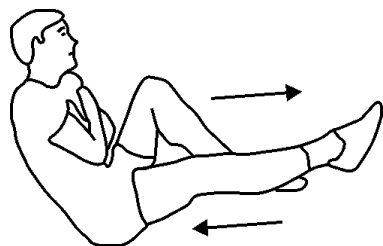
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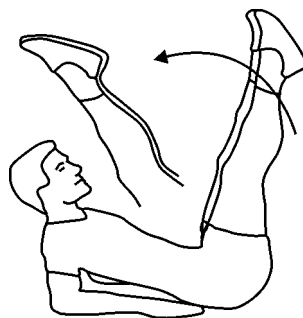
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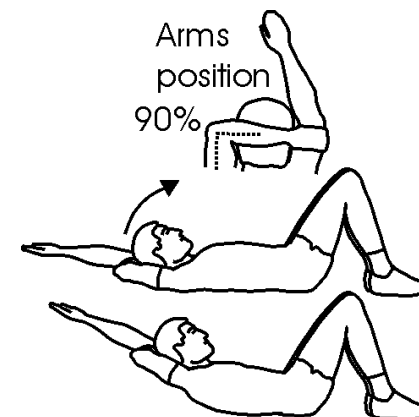
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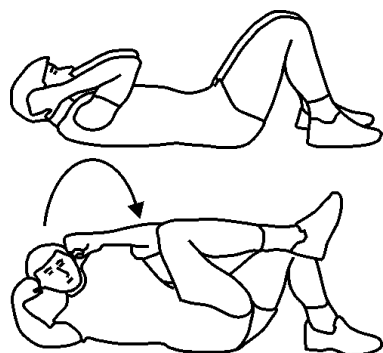
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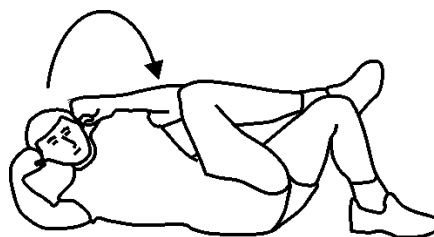
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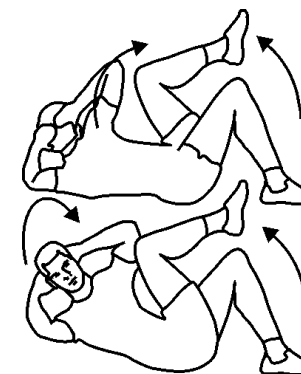
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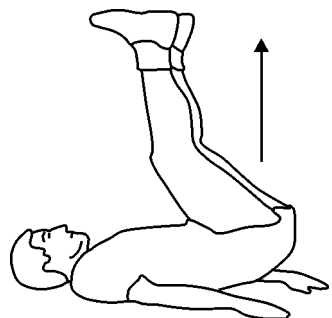
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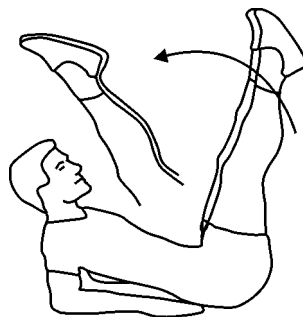
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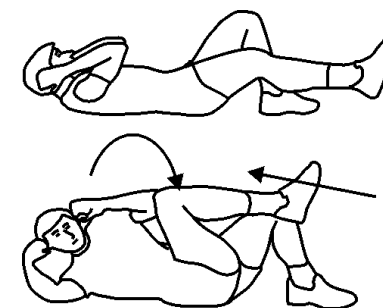
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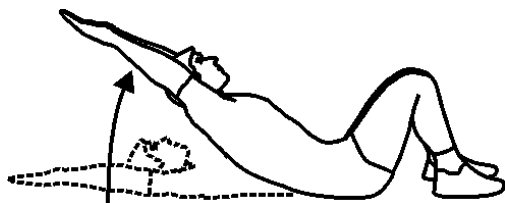
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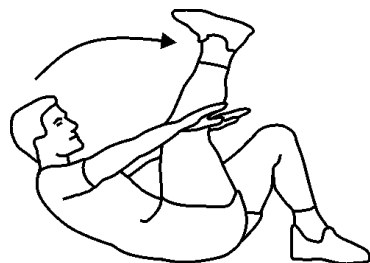
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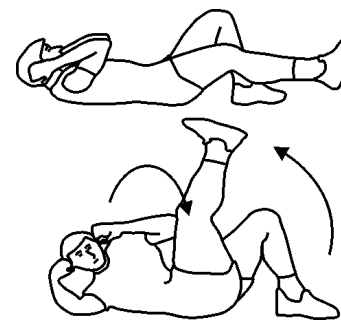
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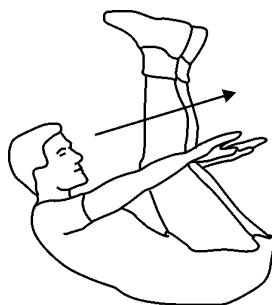
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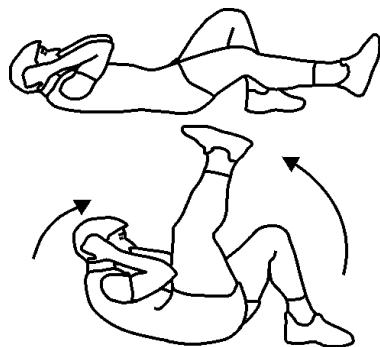
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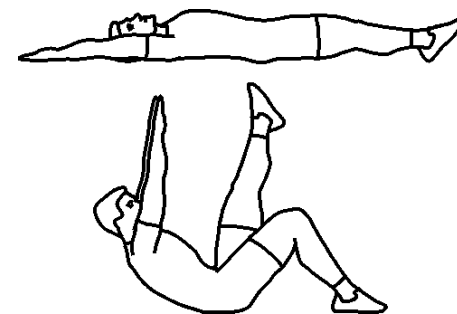
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24



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