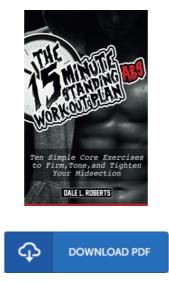
## The 15-Minute Standing ABS Workout Plan: Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection



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