

**PROPÓSITO:**

<https://akogym.ir/abdominal-crunches-with-a-machine/> **MOTIVACIÓN:**

I'm not sure exactly why but this site is loading extremely slow for me. Is anyone else having this issue or is it a problem on my end? I'll check back later on and see if the problem still exists.

**EXPLICACIÓN:**

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**EJERCICIOS:**

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**EVALUACIÓN:**

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**BIBLIOGRAFÍA:**

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