

腹筋トレーニング 各30秒(およそ13クランチ)

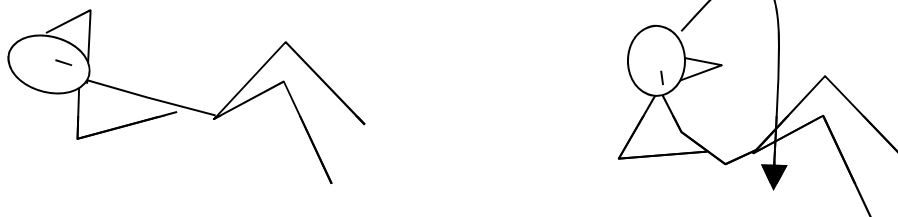
1 Basic Crunch



2 Right Oblique Crunch



3 Left Oblique Crunch



4 Bicycle Crunch



5 Reverse Crunch



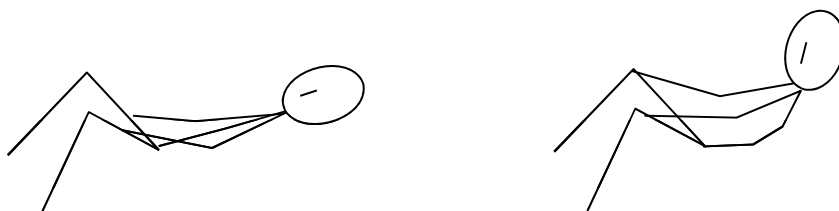
6 Long Arm Crunch



7 Crossover Crunch



8 Half Curl



9 Vertical Leg Crunch



0 Plank

