
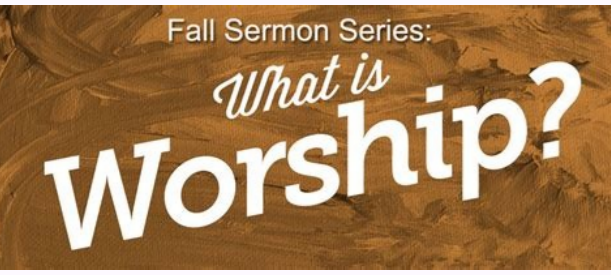
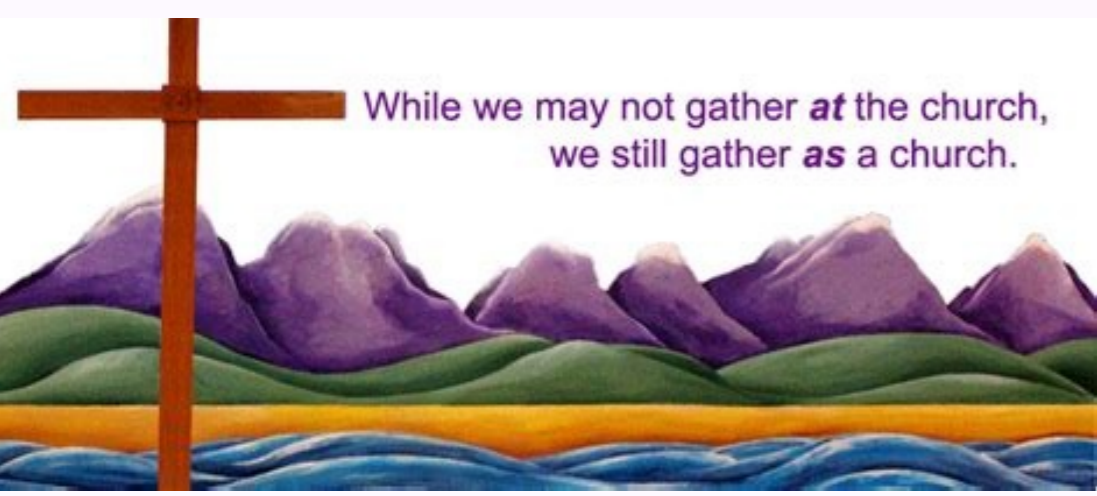


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Want abs like Louise Thompson? All are welcome and bring your friends. Put your left hand on your head so that your fingers are just touching behind your left ear, and place your right hand on your abs. Maranatha YYC has always been committed to the idea that while we may not be able to gather at the church we will continue to be the church.Å Å The changes in how we operated as a church never impacted our why we operated. The cross symbolizes Jesus Christ's sacrificial death on the cross for our salvation. eÅÅÅMost people can also encourage their pack to show with targeted ab exercises,' says Moran. You may be able to find more information about this and similar content at piano.io Mailing Address 260 McGill Blvd W Lethbridge, AB T1K 4C6 Member of the Christian Reformed Churches of North America WE ARE LIVE-STREAMING OUR SERVICES. As always eÅÅÅ Maranatha YYC remains available through our membership, our leadership and our staff to serve if and when and how we can.Å Å Feel free to contact us and see where we can be the hands and feet of Jesus for you. Try her favourite ab exercises tonight: This content is imported from YouTube. The Maranatha congregation would love to have you come and worship with us! Nursery is available for children ages 3 and under. The cross and triangle in the banner is the Christian Reformed Church emblem. It's George's invention (which you probably guessed), and builds oblique and upper-abdominal muscles at the same time. Straighten your left leg and hold it about an inch off the floor. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. Simple, right? Genetics against you? And do you need to be doing ab workouts to get abs or is your Sunday 10km to do the trick? NOTE eÅÅÅ At the same time we recognize that there are persons who are unable to attend eÅÅÅ either by choice of life or condition of life eÅÅÅ and as such Maranatha will continue to livestream our Sunday worship services and exist in a hybrid manner. Maranatha YYC will continue to recognize the benefits of health and safety and as such we continue to encourage all those who enter the facility to utilize the hand sanitizing stations. eÅÅÅWe all have the same core muscles to stabilise our torso, but some people are naturally more muscular than others', says Dr Colin Moran, lecturer in health and exercise science at the University of Stirling. You may be able to find the same content in another format, or you may be able to find more information, at their web site. Getty Images For defined abs, you just need two things: less fat and more muscle. Lie with your lower back pressed into the floor, raise your head and shoulders. Well, yes, but genetics play a part too, so ab definition will vary, even among people to person who eat and exercise the same amount. We have been privileged to serve in the Beverly community of Edmonton since 1953. PLEASE FIND US ON OUR YOUTUBE CHANNEL - Click here Maranatha is blessed to have Rev. You're welcome. Terence Visser serving as our lead pastor, and Natasha Specht as our Associate pastor of Congregational Life. Join Us! Double Your ResultsSlater's L.A.-based trainer, Michael George, has him do 10 minutes of abdominal work each time they train. And by week four, it's all about bicycle kicks and scorpion reaches. How you do it: Lie on your back with your knees bent and your feet flat on the floor. Go easy, this is active recovery. Real Life: I Dropped 5 Dress Sizes To Get The Abs Of My Dreams. We are the hands and feet of Jesus, sharing His love. For week three you'll be doing alternating toe touches, dead bugs and knee tuck jumps. 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