Code

```c
#include <stdio.h>
int main() {
    int n, i, j, count = 0;
    printf("Enter number of elements: ");
    scanf("%d", &n);

    int arr[n];
    printf("Enter %d elements:\n", n);
    for(i = 0; i < n; i++)
        scanf("%d", &arr[i]);
    printf("Elements repeated twice:\n");
    for(i = 0; i < n; i++) {
        count = 0;
        for(j = 0; j < n; j++) {
            if(arr[i] == arr[j])
                count++;
        }
        if(count == 2) {
            printf("%d ", arr[i]);
            // to avoid printing same element again
            for(j = 0; j < n; j++) {
                if(arr[j] == arr[i])
                    arr[j] = -1;
            }
        }
    }
    return 0;
}
```

Output

```
Enter number of elements in the array: 4
Enter 4 elements:
10
20
20
0

Elements repeated exactly twice:
20
```