

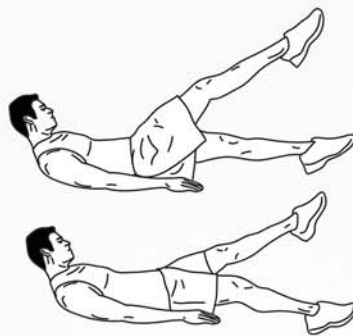
abs of steel

DAREBEE WORKOUT @ darebee.com

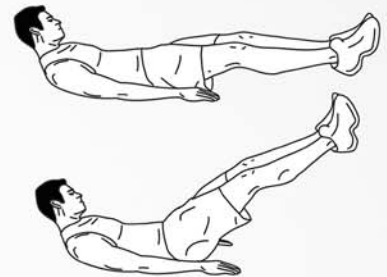
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



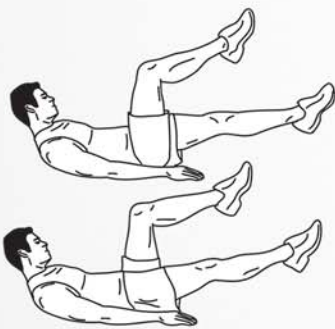
10 sit-ups



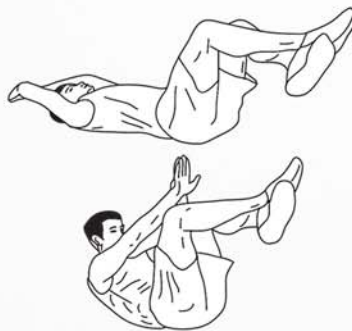
10 flutter kicks



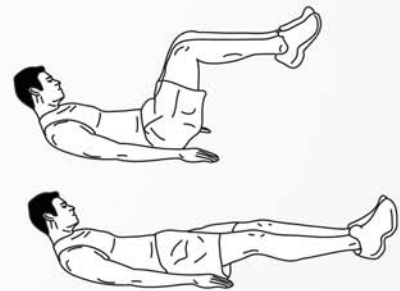
10 leg raises



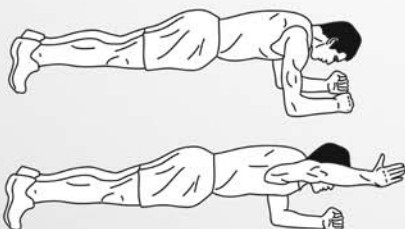
10 air bike crunches



10 knee crunches



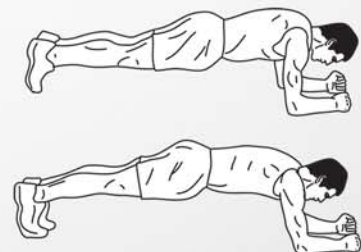
10 crunch kicks



10 plank arm raises



30sec elbow plank



10 body saw