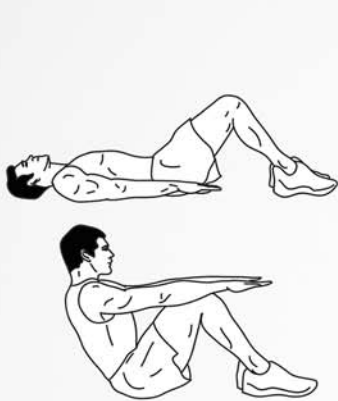


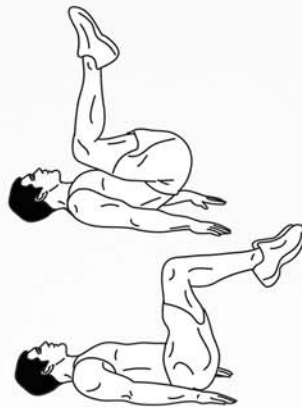
code of abs

DAREBEE WORKOUT @ darebee.com

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



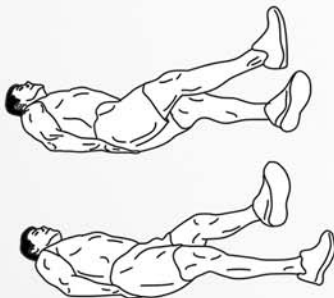
10 sit-ups



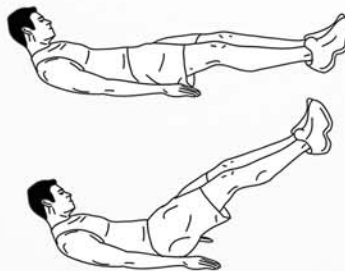
10 reverse crunches



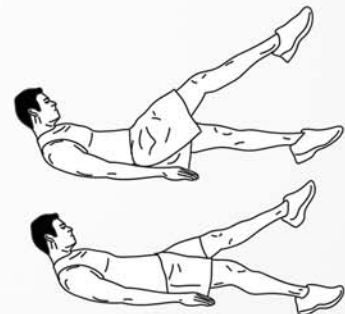
10 sitting twists



8 scissors



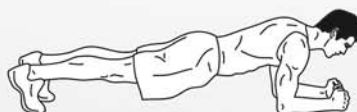
8 leg raises



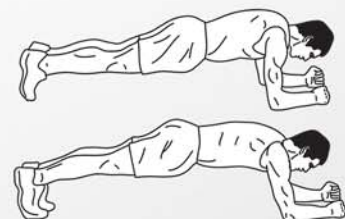
20 flutter kicks



30sec plank



30sec elbow plank



8 body saw